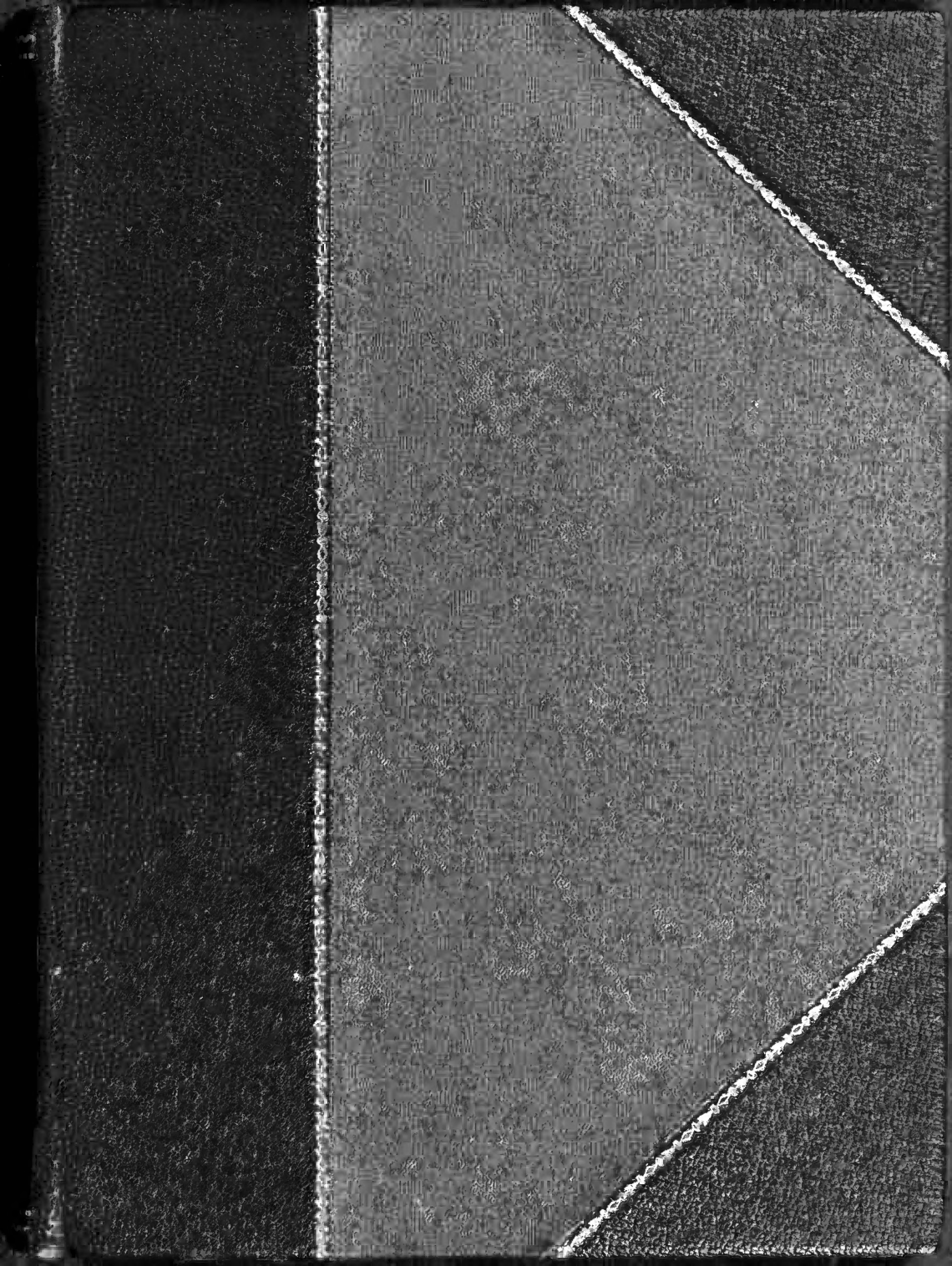


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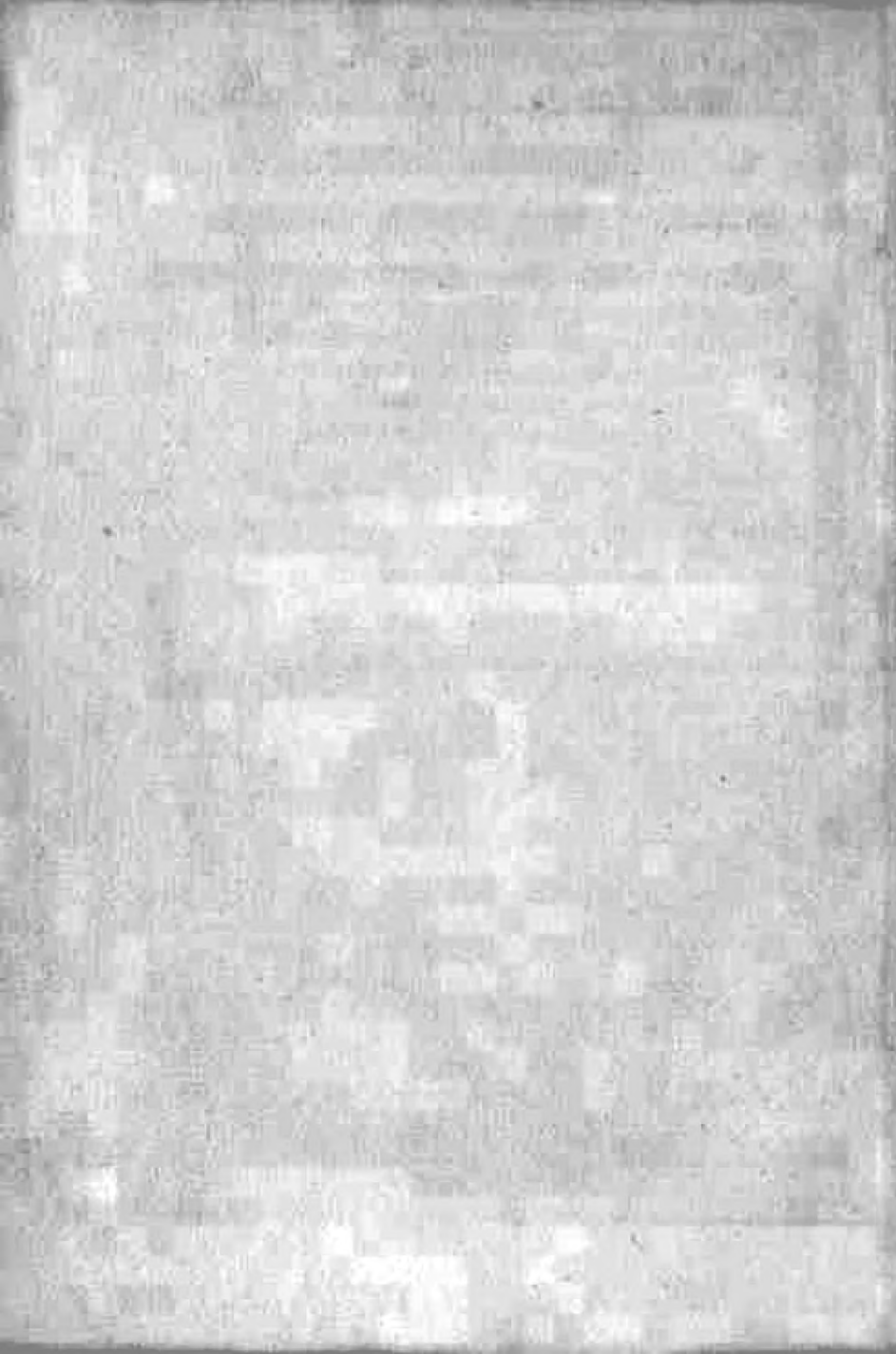
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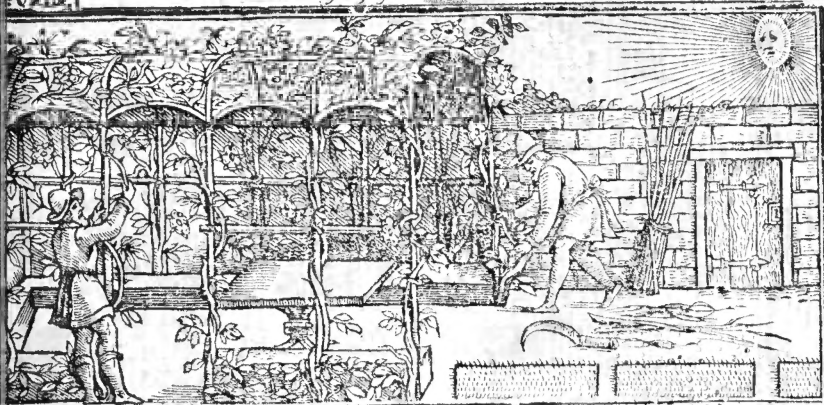
¶ The Gardeners Labyrinth:

Containing a discourse of the Gardeners  
life, in the yearly trauels to be beltovv'd on  
his plot of earth, for the vse of a Garden: with instru-  
ctions for the choise of Seedes, apte times for so-  
wing, setting, planting, & watering, and  
the vessels and instruments seruing  
to that vse and purpose:

Wherein are set forth diuers Herbers, Knottes and Mazes,  
cunningly handled for the beautifying of Gardens.

Also the Physike benefit of eche Herbe, Plant, and Floure, with  
the vertues of the distilled Waters of euery of them,  
as by the sequels may further appeare.

GATHERED OPT OF THE BEST APPROVED WRITERS  
of Gardening, Husbandrie, and Physicke:  
by Dydymus Mountaine.



PRINTED AT LONDON  
by Henry Bynneman.

ANNO. 1577.

John Edwards of Stansted

# Henrici Dethicki ad lectorem

## Carmen.

*Cœlum, æquor, tellus, nunc, lumina, flumina, fructus,  
Præstat, fundit, habet, solè, vapore, simo.*

*Hortus præstat olus, præstant Pomaria poma:*

*Cuncta vigent, magno parva labore viri.*

*Urbis honos hortus, florum speculatio grata,*

*Et sunt herbarum pharmaca grata viris.*

*Falce, ligone, filo, qui, dissecat, effodit, ornat,*

*Plantam, terram, hortos, hæc documenta tenet.*

*Sano, agro, caco, vi? victum, pharmaca, visum,*

*Lingua, mente, manu, hæc, perlege, disce, tene.*



155693  
 To the righte honourable and his singular good Lorde, Sir William Cecill, knighte of the moſte noble Order of the Garter, Baron of Burghley, Lord high Treſurer of England &c.  
 Henry Dethicke wyſheth long health,  
 with encrease of honour.



Onſydering  
 (right hono-  
 rable) my  
 promiſe pli-  
 ghted (vnto  
 my friende,  
 lately enter-  
 red) I was  
 enforced to  
 performethe  
 perfecting of this Engliſhe Treatiſe: other-  
 wiſe I had not ſo willingly attempted to ſolli-  
 cite your honour wyth this vulgare ſtile. And  
 ſithens that reaſon requyreth, and duty de-  
 maũdeth, the ſatiſfying of the truſt in me re-  
 poſed, I doubt not but that myne enterpriſe  
 will be allowed. Unreaſonable were I, and de-

a.ij.

ſtitude

stitute of all humanitie, if that I shoulde obstinately neglect, the earnest desire of the deceased: likewise, worthy were I to be deemed vndutyfull, and altogether vngratefull, if that I shoulde omit any oportunitie, whereby I myght encrease so rare a commoditie to my country. ¶ therefore respecting the requeste of my friend, and tēdering the profit of my country, haue craued herein (as heretofore in all other mine affaires) your honours protection, and the rather, for that I finde none (your honour excepted) neyther in auntient aucthoritye, neyther by common consente, neyther by present prooffe, that hath more warely, and wisely, warded the weale of this countrey. In fine, to auoide tediousnesse, I haue omitted all circumstaunces, whereby I might display the sundry cōmodities & rare rudiments, contained in this painful, and gainful discourse: but surceasing to trauiſe farther in this terrestriall Gardeners Labyrinth, I wish vnto your

honour



# THE EPISTLE

honour by dayly Prayer, the fruition of the  
Heauenly Paradise, crauing of the Omni-  
potent and prouident God, the guider of that  
gorgeous Garden, that hee woulde vouchsafe  
to graunte vnto you, the sweete sauour of his  
chiefe fragrant floures, that is, his comfort to  
cleaue faste vnto you, his mercy to keepe  
you, and his grace to guyde you,  
nowe and euermore.

Your honours most humble

HENRY DETHICKE.



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*Labyrinth*

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and

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The bestovving of *Bistonie*, vvith the phisicke commodities of the same, and the vertues of the VVater thereof.

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The bestovving of *Louage*, vvith the phisicke helps, and vertues of the vvater thereof.

Chapter 36.  
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Chapter 37.

*Finis Tabulae.*

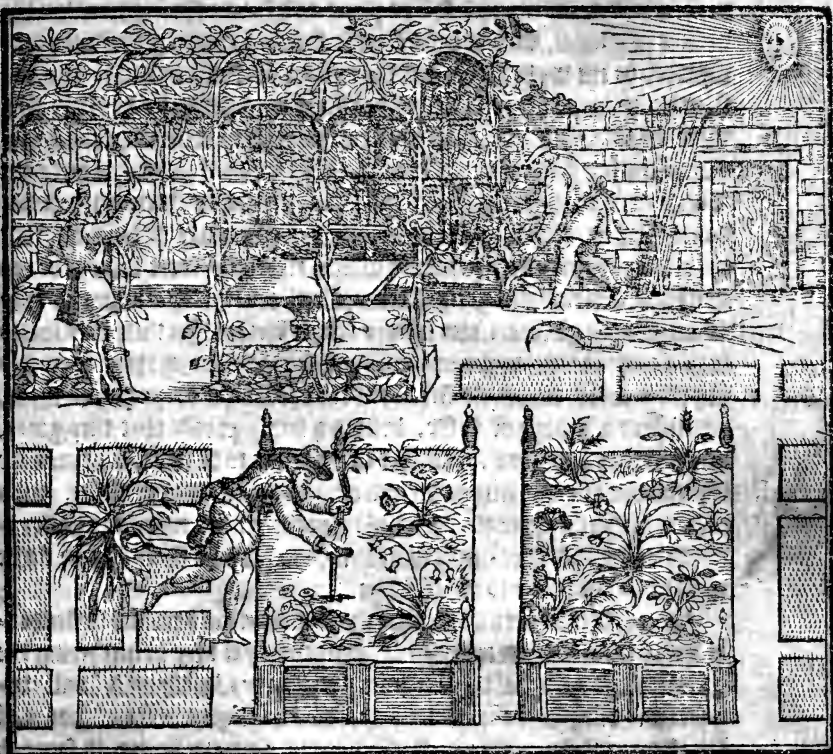
## Authors from whome this vvorke is selected.

*Plinie*  
*Cicero*  
*Columella*  
*M. Case*  
*Varronianus Tremelius*  
*Varro*  
*Florentinus*  
*Palladius Rusticus*  
*Vergile*  
*Didymus*  
*Auseus*  
*Democritus*  
*Dyophanes*  
*Hesiodus*

*Africanus*  
*Apuleius*  
*D. Niger*  
*Theophrastus*  
*Anatolius*  
*Pamphilus*  
*Quellius*  
*Paxanus*  
*Berisius*  
*Marcus Gatianus*  
*Alberus*  
*Philostrophus*  
*Archibius*  
*Galene*

# The Gardeners Labyrinth.

Contayning the manifolde trauayles, great cares, and diligence,  
to be yearly bestowed in euery earth, for the vse of a Garden:  
With the later inuentions, and rare secretes thereunto ad=  
ded (as the like) not heretofore published.



The inuention of Garden plattes, by whom first deuised, and what  
commoditie founde by them, in time past. Chap. i.



He worthy Plinie (in his xix. booke) reporteth, that a  
Garden plotte in the Auncient time at Rome, was  
none other, than a smal & simple inclosure of ground,  
whiche through the labour and diligence of the hus=  
bandmā, yelded a commoditie and yearly reueneu  
vnto him. But after yeares (that man moze este=  
med



## The Gardeners Labyrinth.

med of himselfe, & sought an easter life) deuised and framed this ground plotte, for the minde, as for pleasure and delight: as may well appeare by that Epicure, of whome Cicero maketh mention, in his booke intituled *De natura Deorum*, who liuing at ease, and conceyuing a felicitie in the Garden, inducoured first to place and frame the same within the walles of Athens, whiche befoze (as it should seeme) lay open, and vndefended in the wyde fielde, and the culture of it not had in so much estimation, as to place them nigh to theyr townes or houses: For whiche cause, doth Plinie (by good reason) rightly attribute, the inuention of the delectable Garden to him. The Garden plottes, whiche the Auncient Romaynes possessed (as Plinie reporteth) were onely set aboute with trees, hauing a dead inclosure, made onely of busshes, that needed repaying euery yeate: in whiche especially were sowne the red Onyons, Colewortes, great Leekes, Cresses, great Mallowes or holy Okes, Endiue, Rocket, and sundry sallate Herbes: In these they found such a commoditie, as maruelously pleased them, sayng they by enioying the hearbes, needed no fire about the dressing & preparing of them, and spared a charge of fleshe, besides a dayly profite that they gotte, by the herbes and woodde brought to the Citie to be solde. The meaner sorte of that tyme so litle cared and esteemed the eating of fleshe, (who in generall accompted it a kinde of reppoche, to be knowne to haue eaten fleshe) that they refusing this taunt, did (as to a shambles or fleshe market) haunt dayly to the Garden.

Columella reporteth lib. 10. that the Auncient husbandmē so slenderly looked vnto (or rather forced of) Gardens, that they in furthering the groweth and yelde of theyr fruytes and hearbes, bestowed a small trauaile and diligence. And as they appeared negligent in their labours of the Garden, so were they well pleased with a meane liuing, in somuch that the common sorte fedde and liued willingly on grosse and simple herbes. But after the age and people were reformed, and brought by the instruction of the Epicure, to a more delight of themselves, in coueting to feede on daintie herbes and Sallates, with meates delectable, and taking an earnest care for the pleasing of their mouthes, they laboured then to become skillfull, and to vse a greater care about the ordering and apt dressing of Garden plottes, by well sensing and comely furnishing of their ground, with sundry needfull and delectable trees, plantes,

plantes, and herbes : in which traauayles and diligence of the husbandmen, so good successe and commoditie ensuing, procured not onely the willing carriage of herbes, fruytes, and other commodities farre off to be exercised vnto Cities and market Townes, by which these through the sale obtayned a dayly gayne and yearely reuenero, for the ayde of theyr houlholde charges, but allured them also to place and frame gardens, aswell within Citties and Townes as laste by, that a coste bestowed, might after possesse the recreation and delight of mindes, besides the proper gayne made by the fruytes, floures, and herbes, gathered in them. The Garden plottes at length, grew so comuon among the meaner sorte, that the charge and the chiefeest care of the same, was committed vnto the wyfe, in somuch that these accompted not the wyfe of the house, to be a husewife in deede, if shee bestowed not a payne and diligence as *Cato* reporteth in the weeding, trimming, and dressing of the Garden. But to be bryefe, and leauing further to reporte of antiquitie, I thinke it hightyme to declare the effects and commoditie of this worke taken in hande, and first to intreate of the care, helpes, and secrettes, to be learned and folowed in the Garden grounde : All whiche in a pleasant maner, shall after be vttered in distinct Chapiters, to the furtherance and commoditie of many Gardeners, and all suche hauing pleasure therein.

What care and diligence is requyred of euery Gardener: to these, what increase & commoditie a well laboured earth yeeldeth. Chap. 2.

**T**he husbandman or Gardener, shall enioy a most comodious and delectable garden, whiche bothe knoweth, can, and will orderly dresse the same : yet not sufficient is it to a Gardener, that he knoweth, or would the furtherance of the garden, without a cost bestowed, which the workes and labours of the same require: nor the will againe of the workman, in doing and bestowing of charges, shall finally auayle, without he haue both arte and skill in the same. For that cause, it is the chiefeest poynt in euery facultie and busines, to vnderstand and know what to begin and followe : as the learned *Columella* out of *Varronianus Tremellius* aptly vttereth. The person whiche shall enioy or haue in a readinesse these three, and will purposely or with diligence frame to him a well dressed Garden, shall after obtayne these two commodi-



ties, as vtilitie and delight: the vtilitie, yeeldeth the plentie of Herbes, flowers, and fruytes right delectable: but the pleasure of the same procureth a delight, and (as *Varro* writeth) a iucunditie of minde. For that cause a Garden, shal workemanly be handled and dressed vnto the necessarie vse and commoditie of mans life, next for health, and the recoverye of strength by sicknesse feebled: as the singular *Palladius Rutilius* hath learnedly vitered, and the skilful *Florentinus*, that wrote cunningly, of husbandry in the Greeke tunge, certayne peeres before him: Lastly by sight vnto delectation, and iucunditie through the fragrancie of smell: but most of all, that the same may furnishe the owners, and husbande mans table, with sundry seemely and dayntie dishes, to him of small coste. The Garden grounde (if the same may be) ought rather to be placed nere hande, whereby the owner or Gardener may with moze ease be partaker of such commodities growing in the garden, and both oftner resorte, and vse his diligence in the same: So that this is the whole care and ductie requyzed of euery owner and Gardener, in their plot of ground. Yet may I not be vnmindfull, that the garden both also require a dunging, at the apt times: of whiche in the proper place we shall after increate.

What consideration and chosing to be vled, in any Garden plot: With the goodnesse and worthinesse of euery earth. Chap. 3.

As to the nature and goodnesse of a garden grounde, the especialler that ought to be eschewed, are a bitter, and salte earth of taste, if so be we meane to make a fertill, commodious, & well yeeldyng ground: for these two natures of earth, were very much misliked in Auncient tyme, as may appeare by the skilfull Poete *Virgill*, who sayth that euery earth is not allowed or commended, for the yeelde of garden herbes. For which cause, the mynde of the auncient husbande men is, that the Gardener by taking vp a clodde of Earth, should artly trie the goodnesse of it after this maner: in considering whether the earth be neither whote and bare, nor leane by sande, lacking a mixture of perfite earth: nor the same founde to be wholly Chalke, nor naughtie sande: nor barayne grauell, nor of the glittering poudre or duste of a leane stonie grounde, nor the earth continuall moyst, for all these be the speciall defaultes of a good and perfite earth. The best grounde for a Gar-

den, is the same iudged to be, whiche in the Sommer time, is neyther very drie, nor cleyte, nor sandie and roughe, nor undamaged with gapings, procured by heat of the Sommer, as the worthy *Didymus*, in his Greeke instructions of husbandry writer. Wherefore the earth whiche in the Sommer tyme is wonte to be drie, eyther perissheth or loseth al the seeds sowne, and plantes set in it, or yeldeth those thinne, and weake prouling on the ground. For the Cleye ground of it selfe, overfast holdeth; but the sandie and rough, in a contrarie manner: so that neyther is wonte to nourish plantes, nor retayne water. Therefore an apt earth for a Garden, shall yow readily trie and finde out, if the same through wet and dissolved with water, you shall see to haue a much clamminesse and fastnesse. In whiche ground, if a watering be shall exceede; then shall you iudge the same disagreeable and unfruitfull: if dissolving the earth with water, you shall finde the same very clammye or much cleauing to the hande and fingers, as it were ware, this earth shall you accompte, as wholly impossible. *Plinie* willet, that a garden plote before all other matters done to it, be very well censed of stones, and to these, that the earth proue not full of chappes, or but few to be seene, least the Sunne beantes entering betwene, may so scorch and burne the rootes of the plantes. For whiche cause, the best and gentle or worthiest earth shalbe chosen, in whiche you minde to committe your seedes: or for the same, that the Source as a mother, may often agree to the fruite, or yelde to be an ayder and furtherer to it.

Certaine plainer instructions, much furthering the Gardener, in the knowledge and choyse of a good and battell ground, with other matter necessarie. Chap. 4.

The Gardener minding to trie and know a fatte earth, for the vse of a garden, shall worke after this manner in taking a litle clodde of earth, and the same to sprinkle with fayre water, kneading it well in the hande: which after appearing clammye, and cleauing or sticking to the fingers, doth undoubtedly witnesse that earth to haue a fatnesse in it. An other triall of a battell earth, may thus be purchased, if you digge up a rotten clodde in a manner blacke, and the same able enough to couer it selfe with the growth of the same grasse, and appearing also of a mixte colour, whiche earth, if it be found thinne and loose

well be fastned and made clamant, through the adioyning and uniting of a fat earth to it. The garden grounde doth also require a sweetnesse to consist in it, whiche the Gardener shall easely finde and knowe, by taste of it: if so be he take vp a clodde of earth in any parte of the ground which most misliketh him, and moistening the clodde with fayre water in an earthen potsharde, doth after the dipping of the finger in this moyst earth and water; let a droppe softly fall on the tounge, he shall incontinent feele and perceyue (by reason of the taste) of what condition the same is. Further, euery fatte earth beyng reasonably loose, is euermore commended and chosen, whiche of it selfe requireth small labour, and yeldeth the most increase. But worst of all others is that ground, whiche shalbe both dry and grosse, leane and colde. In the kindes of ground, the chalkie is to be refused: whiche properly the ancient name, the eleythe, and reddish earth. The worthy Varro commendeth the same ground, whiche of it selfe beyng gentle and pliable, yeldeth properly walcourtes. The same earth both Columella greatly allowe, which of the owne accorde yeldeth or bringeth forth winding or Crabbe trees, yong Springs, the Blowe or Bullesse trees, Elm trees, and such like. So that a battell ground, is in suche wise founde and known: the rather of the crescent things, bene in it of the owne accorde: yet of necessity may euery ground well agree, to be mixed and turned in with dung. Florentinus uttereth an other triall of a fruitfull ground: if to be the Gardener diggeth by a furrow, of a foote and a halfe deepe, and filleth the same againe with the owne earth, which in short time after gapeth or choppe, this no doubt, is a weake and leane earth: But if the earth thus ordred, swelleth or retcheth out, then is it a sure note, that the same is a battell and fatte ground. And this is noted to be a meane earth, whiche after the digging and raking such, gapeth but a little. This I thought not good to be covered, nor willingly ouer passed: that a garden plottie situated or standing neare to a moire, or compassed by a moire, is not alwayes laudable, in that the seedes bestowed in the same, and diuerse plantes set in it, do lightly and soone through the water vaporating forth waie olde: yea the fruytes (whether those shalbe of the herbes or trees) are for the most parte caused displeasing, and ouermoyst. Further conceyue, that a garden ground, ought to be of a moderate increase, and rather dwelling

whiche

whiche neyther is very moyst, nor ouer dry of it selfe. To these suche a earth is greatly commended as beyng new digged, byrdes couet to it: and that Crows especially folow the new casting of the digger. If the earth shalbe founde naughtie or vnfruitfull, as the Clepe, Sandie, and Chalkie, then ought the same to be amended, after the minde of the skillfull, with mearle and dunge layed three foote deepe, and well turned in with the earth, if this be perceyued ouer thinne and leane, then to be mixed and holpen by a fat earth: or to a barreyne and ouer dry ground, may be mixed a moyst and very fatte earth. A waterie ground is made the better, if the same be mixed with a sandie or small grauelie earth, and deepe Alleys made, for the conueighyng and shifing of the water falling in the night. But to vse such a tedious paynes in these, Plinie accompteth it a madnesse: for what frupte or gayne may be hoped after, in bestowyng suche a trauayle and diligence in the like grounde plotte? To conclude, euery reasonable earth, may very much be holpen thorough the well dunging, and laboring of the Gardener, of whiche matter (in the proper place) we meane fully to intreate.

Of the placing and standing of a Garden plotte, with the necessarie  
benefite of water to a Garden, and other matters  
profitable. Chap. 5.

**I**T is right necessary (sayth Varro) to place gardens neare to the Citie, aswell for the benefite of potherbes and rootes, as all manner of sweete smelling floures, that the Citie greatly needeth. Where these placed in a soyle farre off that they can not so conueniently and in due time be brought to the market to be solde, in such places are altogether disallowed, and thought frivolous for the turne. Cato doth beery much commend the garden plot placed neare to the Citie, in which both young trees to beare by Times, and Willow or Osier trees be planted nigh to water sides and in places waterie: and that through the garden grounde, water or springs be scene running. To these, the seedes of most hearbes committed into a very well dunged, dyssed, and sayre or large open plot, in whiche besides all kindes of fruytes, for the vse of man, workemanly planted and set in apte times of the yeare. This skillfull Cato also willet, that all kindes of garden groundes be placed and framed neare to the Citie, aswell for the Garlande or Posie floures,

houres, as all maner rounde and delectable rotes, with the sweete and pleasant smelling trees : as all the kindes of the Roses, the sweete Iacemine, the Eglantine byar, the Myrtill tree, and all others of lyke sorte, sowed and planted in due seasons of the yeare. But a Garden plot, onely serving for the vse of potherbes and the kitchen, ought especially to be a battell ground, sufficient mynst of it selfe, and well turned in or workemanyly laboured with dung. Garden plottes ought to be placed, farre from Barnes, Hay lostes, and Stables, if the same possibly may be refused, or otherwise chosen for the tyme : in that the chaffe or duste of strawes (as enimie to them) the plantes hardly bryoke and suffer in somuch that the very strawes blowe abroad with the winde, and falling on hearbes, do greatly annoy and harne them : as the singular Florentinus in his Greeke instructions of Husbandry skillfully uttereth. For these, sayth he, by cleaung to the plantes, in the falling, peaste the leaues, which once peasted, are incontinent burned by them. All Gardens atwell prosper by the dunging with rotes, as with the proper dunge allowable : yet dungyng the Garden earth, with the branches and leaues of trees, is of the skillfull Gardeners very much disallowed, as unprofitable and noyouse to hearbes.

As to the well standing of a Garden behoueth: the aptest and moste laudable placing of a Garden plot shalbe, if the playne groundelyng somewhat a slope, shal haue a course of spring water running through by seuerall partes. But this course of water, running through the Garden plot, may in no wise be bigge. And the smallnesse of the labouring and dressing of a Garden grounde, is moze of yeilde, than the largenesse of it, not labored in a maner at all.

It behoueth to haue a well in a Garden, onlesse some running water as eyther ditche or small ryuer be nere adioyning: for that a sweete water sprinkled on yong Plantes, and Hearbes, giueth a speciall nourishment. If a well bee lacking in the Garden, then digge a deepe pitte, in some conuenient place of the Garden: although it may be a painfull labour for the Gardener, to drawe water out of the same. For a Garden grounde needeth often to be watered, through whiche all Seedes committed to the earth, as Plinie repository, both sooner bryake forth, and speedier spread abroad. That a pit with water of long continuance, may be purchased, the same at that time



## The Gardeners Labyrinth.

9

wella willeth to be digged, whē as the Sunne shall obtayne or occupie the last degrees of Virgo: which is in the moneth of September, before the Equinotiall haruest. For the vertue then of Well springes, are thoroughly tried and founde out: at whiche time through the long drought of Summer, the earth lacketh the due moysture of rayne. If a well or pitte to purpose cannot be made in the Garden: then frame bp a square pitte or Cesterne leauled in the bottome with brycke and Lime to receyue the rayne water falling: with whiche in the hottest Summer dayes, you may water the beddes of the Garden. But if all these manner of healpes and wayes shall faile the Gardener, or can not wel be compassed in the Garden ground, then shal he digge the ground after the munde of *Palladius Rutilius*, three or foure foote the deeper or lower. For the beddes on such wise ordered, being workemaly laboured and sowed, may the better endure, through the lowe standing, the whole drought of the Summer dayes. In the Garden ground besides, this shall you obserue, that when the Alleys or pathes of the beddes be ouer cloyed with water, to digge deepe gutters here & there after your discretton, in suche order, that the water falling and runnyng along, may be guyded into a conuenient pitte, made at the lower side or ende of the Garden, for that onely purpose. Here further learne, that what Garden plot the nature of the moysture helpeth not, the same may you aptly deuide into partes, in conuerting the spaces, digged and dressed for the winter time to lie open to the South, and those prepared for the Summer time like, vnto the North quarter.

What aye commended for the benefite of a Garden, and whiche be-  
nourous as well to Man as the Plantes: and the reason why  
Garden plottes ought to be placed nigh to the  
owners house. Chap. 6.

**T**he Very ground plot lying neare to the Cittie, aswell the Garden as  
Orcharde, ought to be placed neere to the house, for the oftner re-  
course and diligence to be bestowed of the owner: and the Garden espe-  
cially to be laboured and well turned in with dung: through whose  
iuyce and fatning, the earth may yeelde hearbes, of the owne accorde.  
As touchyng the aye commended for a Garden, the same bring cleare  
and temperate is best allowed, in that this not onely cherisheth and  
prospereth

prospereth the hearbes growing in it, but procureth a delight and comfort to the walkers therein. In cull ayze in the contrarie manner, troubled with the vapours of standing pittes, ditches, and suche like mixt to it, dothe not onely annoy and corrupte the Plantes and hearbes growing in that Garden passe by, but choke and dull the Sprytes of men by walking in the same. Besides, the windes bytyng, and frostes mortifying, doe both harme and destroy Plantes. Auicenn, wryting of the ayze, doth in skillfull manner bitter, that the same ayze, whiche after the Sunne setting is soonie colde, and after the Sunne rising speedily hote, is both subtile and healthfull to man. So that a contrarie ayze to this, worketh the contrary to man and Plantes. Yet that ayze is accounted worser, which seemeth as it were to wryng or binde harde together the heart: yea making straight or letting the attraction of ayze. The learned *Prapoltane Ruellius* besides these reporteth, that y subtiltynesse or healthfulness of ayze, do declare those places free fro low valleys, and stincking mistes or fogges in the night, that might annoy both men and the Plantes. Here it doth not much disagree from the matter to write in generall, of the qualities of the windes: and of these, in the briefest manner. First, the Easterly and Westerly windes, be in a manner temperate of qualitie, as betwene a hotenesse and coldnesse: yet of the two, the Easterly windes be known dryer. Further the Easterly windes, are for the more parte hote, than the Westerly, & the Westerly by reporte of the *Auncient* somewhat more moist, than the Easterly. Of all the windes, for the benefite of the Garden, is the South-west winde especially commended: as the worthy *Florentinus* in his Greeke rules, and others of experience affirme.

Besides these, as vnto the clemencie or temperatenesse of ayze, and healthfulness of the place belongeth, a Garden plot in colde countreys, ought in a contrary manner to be placed, as either to the East or South quarter: if the same be such a plot of ground, whiche bothe containeth trees & Plants or Herbes coming vp in it, least the Garden plot excluded from these two partes, by the object or standing against of some most great and high hill, be so nipped, frozen, and withered, with the extreme colde long continuing, or the Garden plote otherwise farre distant from the comforte of the Sunne on the North parte, or els the Sunne only shyning low and weake, at the West quarter of the same.



The singular Cato willett, that the Garden, if a man can, be placed at the foot of an Hill: and the same beholding or lying open to the South, especially in a healthfull place: For a Garden plotte thus defended by an highe hill, on the North parte, and all the day comforted, by the open face of the South quarter: is procured to yeelde the sweeter and trimmer Fruytes, in the seasons of the yeare. But in hote Regions or Countries, let the open place of a Garden grounde, be rather situated towards the North quarter: whiche may through the like standing anayle, aswell to health of bodie and quicknyng of the Sprytes, as to profite and pleasure.

This besides conceyue, that the placing of a Garden grounde neare to a Fenne or Marishe, is every where to be misliked and refused: if the same lie open towards the South or Weste, and yearly in the Summer time is accustomed to be drie: for on such wise hapning, the ayre thereabout gathered up, doth in the falling againe, ingender eyther the Pestilence, or wicked vermine, much harming the Garden plot lying nigh to it. There is also a great regarde to be had to the water, mote or ditche, standing nigh or rounde aboute the Garden grounde: whether this for the more parte be wonte to vaporate or breath forth any noysome ayre, that may both to men and the Plantes be harmful. For peculiar or proper is the same (or rather such is the propertie) of very many still waters and Notes. So that it is the counsell of the skilfull (if any lyke be knowen) to refrayne from placing any Garden plotte or Orchard, if the owner may chosse, neare to the same.

The forme of the inclosures, whiche the Husbandmen, and Rarish men maynes in time past inuacated. Chap. 7.

As muche as the same may be thought a meere madnesse, to haue chosen out a fitte plotte of grounde, and to cast, digge, and dresse it so many small poyntes: yet lying open day and night, aswell to the incursions and common hannte, as to the iniuries to be wrought & done by robbers or threnes, foules and beastes: for that cause, I here intende to intreate of the sundry maners of fencing, & compassing in of the Garden groundes in ancient time. First, the skilfull and warie husbandmen in ymme paste, being those of good abilitie, buylte them

walles about of fire stone artly layed and mortered together, & some did, with baked bricke like handled. Others of lesser abilitie, and of the meener sorte, framed them inclosures, with stones handsomely layed one vpon an other without mortar or Cley: and some of them couched the broadest Slate stones, with other bigge and large stones (in like order aboute) where such dwelt by quarries of stone. But very many of the baser and poorer sorte, made them fences and wallies aboute, with murther of the ditch, oulig, chaffe, and strawes cut short, and wel mixed together. Others there were, whiche with bigge Canes set byright, by small poles bound together, so fenced theyr Garden plot, in handsome manner round about. Some also with yong Willow trees, set by certayne distances, and the drie blacke thorne (purchased from the woodde) being bound in (betweene the spaces) so framed theyr inclosure: but this manner of inclosing wrought or buylte by Arte (the skillfuller named) a dead and rough inclosure, made especially for the keepyng and defending of Cattell out of the Garden ground. Yet the hedge or inclosure erected after this manner, required euery yeare to be newe repayred and bounde by in the places needefull, to the tediousnesse and great paynes of the husbände man.

The learned Columella in his husbandy reporteth, that the Romans in time past, fenced and inclosed their Garden groundes, with bigge quarters set byright, and Poles with lathes, very thicke fastned to them, by small rodde of the Olier tree walling them in. Some boared large holes through bigge bodie or stocks of trees, that quarters or great poles made for the purpose might passe thorough them, eyther by two or three together, in reasonable distaunce, with payle boyderayed and fastned along to them. Some also through the timber of trees (set into the earth) fastned bigge poles or long quarters round about, much like to the small Cattell poundes in our age. But some attayning a more skill, erected as Varro reporteth, a natural inclosure, set about with the blacke or White thorne trees, and yong willowes: whiche had besides the rootes of a quicke set hedge, that in tyme growing up, with stode tempestes, windes, landcloudes, yea fire the consumer of all things put to it. The Auncient husband men did besides these inuent the casting up of banckes & countermyres of earth, round aboute the Garden plote, much lyke to the trenches in tyme of warre  
about

aboute Bulwarkes and Tentes : and these they especially made neere to high wayes, or by Rivers, and in Marshes or Fennes lying open, or other fieldes, that the Garden plot might on such wise be defended, from the damages and harmes, both of Theeves, Cattell, and Landfloudes.

For a playner conceyuing of the abovesayde, learne these folowing: that the Auncient husbandmen did caste vp and made a deepe ditch, about theyr Garden ground (standing in the open fiede) whiche might receyue al the rayne water falling: and this they so digged with a slope passage, whereby the water might runne the easier and freelier from the bottome. The earth and Clay cast vp on the inside (caste by the brincke) they so wrought vp together, that hardly any person (after the drying of the countermure) could clyme ouer the same. Some also made high banckes or countermures, without a ditch digged about, and the same so serued in the open fieldes in steade of a wall.

To be briez, the inclosure whiche longest indured, surest, and of the least cost, was the same that the Romaynes in auncient time made with Brambles, and the white Thorne layed orderly in bankes, for the better growing vp. For this inclosure or hedge (after yeeres sprung vp) endured by reporte of the learned Cato an infinite time: yea experience in our age, both likewise confirme the same. For whiche cause, this inclosure was very much commended of the Auncient Romaynes, who well conceived and knew, that the Bramble decayed or died not at any season, except it were digged and plucked quite vp by the rootes. Yea they learned by practise, that the Bramble savings or scorched with straw flaming, recovered & grew every yeare after, both stiffer, rougher and thicker together.

The later inuentions of creating a naturall and strong Hedge, whiche in time growing, may proue a most sure defence and sauegarde of the Garden. Chap. 8.

The most commendable inclosure for every Garden plot, is a quick set hedge, made with the Brambles and white Thorne: but the stronger and more defensive hedge is the same, whiche the singular Democritus in his Greeke instructions of husbandry (that wrote long before Columella, and Palladius Rutilius) cunningly uttereth, and the

same with ease and small cost, after this maner. Gather, sayth he, in a due season of the yeare, the seedes founde in the redde berries of the biggest and highest Byars (whiche by a more common name with vs, are called the wilde Eglantine Byars) the thorough ripe seedes of the Brambles (runnyng low by the ground) the ripe seedes of the white Thorne, and to these bothe the ripe Berries, of the Gooseberrie and Barberrie trees: this done, mixe and siepe for a tyme, all the Berries and Seedes, in the blended meale of Tares, vnto the the thickenesse of Honie: the same mixture lay diligently into olde and outwilled Shippe or Well roapes, or other long worne roapes, and sitted or broken into shorthe peeces, beyng in a manner starke rotten, in such order, that the Seedes bestowed or couched within the softe heares of them, may be preserved and defended from the colde, vnto the beginning of Spring. At whiche tyme, where you be minded, that the inclosure or Hedge shall runne and spring vp: there digge in handsome maner, two small furrowes, and these eyther two or thre fote asunder, and a mans fote and a halfe deepe: into whiche lay your roapes with the Seedes, concurring them workemanly with light earth: and (if neede shall requyre) water by sprinkling, or moysten the Seedes, in the same wise agayne.

The worthe Columella (in his husbandry) & the Neapolitane Palladius Rutilius, wytyng the like instruction, in a maner, will that the ground plotte, in which a Hedge shalbe crected, be compassed with two narrow furrowes, digged thre fote distant one from the other, and a mans fote and a halfe deepe: but these to be made in the Equinoctiall Varietie, at what time the ground shalbe well moystened with shoures. The Furrowes thus prepared, they appoynted to lie open all the winter thorough: after in the moneth of Februarie, the roapes with the seedes, layed into each furrowes, to be couered not thicke over with light earth, for hindring the growth of the seedes, especially of the white Thorne: and that this action be rather wrought, when as the winde bloweth from the South or South-west: the seedes thus couered with diligence, shall appeare within a moneth eyther more or lesse, and the tender young Thornes sprung vp to some height, must be holpen and stayed with Willow twiggers, or other small proppes, set betwene the empty spaces, vntill the Thornes, by their further growth,

ioyned

ioyned together, may slay one the other: whiche within few yeares, will grow to be a most strong defence of the Garden or felds, & a sure safeguard against outward injuries. *Columella* besides willeteth, that a Willow or Osier hedge, be set on eyther side, and in the middle leaue of space, betwene the two furrowes, couered and euen raked: that these might so stay the tender Thornes; springing vp in eyther furrowe, vnto the tyme they ioyned, & were growen aboute this Willow hedge, or at the least vnto such strength, that they wel slayed one of the other. Others there are, as the famous *Diophanes* (among the Greeke writers of Husbandry) and with him many the like, whiche will a quicke set hedge to be erected, and made after this maner. The bigger armes or rodde of the Bramble, they willed to be cut into shorthe portions or partes, and these layed aslope, into open furrowes of a span deepe, to be diligently couered with earth: after so vse aboute the Plantes, a dayly digging or rearyng vp of the earth, and watering of them if neede so requyrez butill the Plantes budde forth, and the leaues of the stennes open, whiche by this maner of comforting and cherishing, shall grow in fewe yeares to a strong, sure, and continuall hedge.

The *Neapolitan* *Palladius Rutilius* instructeth, the way and maner of erecting an other quicke set hedge, on this wyse: Plante, sayeth he, young Elder trees, neare three fote a sinder, then the seedes of the Brambles, lapped diligently in long lunnipes of softned & moist Clay or tough earth, lay the same orderly in a shallow furrow, betwene the Elder trees, whiche artly couered with light Earth, and watering the places if neede so requirerth, will within three yeares following, growe to suche a strength and surenesse; that the same will be able enough, to defende the injuries bothe of the theefe, and beaust. *Palladius Rutilius* reporteth, that this hedge of the Brambles after three yeares growth, ought to be swinged with flaming strawe: for on suche wise handled, it prospereth afterwarde the better. In that the Bramble, as he sayth, through the euery yerres swinging or burning with strawe, ioyneth and increaseth the better: yea through the yearely burning, as the skillfull Husband-men affirme, they shote out harder and rougher of prickles.

And this maner, to be briefe, is a generall way of enclosing Garden groundes, with small cost, and easly performed. Although the

concluer



comlier inclosure or Hedge for a Garden be the same, whiche is made of the whife Thorne artly layed: that in fewe yeares with diligence cut, wareth so thicke and strong, that hardly any person can enter into the ground, sauing by the Garden doze. Yet in sundry Garden grounds be hedges framed with the Pryuet tree, although farre weaker in resistance: which at this day are made y<sup>e</sup> stronger, through the yearely cutting, bothe aboue, and by the sides: yea the same also caused through the like doying to grow the euener and thicker, to the beutifayning of the Garden grounde, and for other necessarie purposes. To conclude, I haue here vttered the making of certaine naturall inclosures for a Garden, whiche may with the meanest coste be erected in any ground.

The cause why certayne skilfull husbandmen in Auncient time, misliked the dunging of Gardens neere to the house: and what dung best allowed for kitchin or potherbes. Chap. 9.

There were in Auncient tyme, as Plinie reporteth, certayne wittie husband men, that wholly refused and forbade the dunging of Gardens placed nigh to the dwelling houses: in that this dunging might not onely infect the ayre thereabout, but cause also the crescent things to proue both vnsaueier and more corrupt. And in this matter the worthy writers of Husbandrie commended highly the Greeke Poete Hesiodus, which writing very cunningly of husbandry, omitted the dunging of the fieldes, & Garden plottes: contented rather to counsel vnto healthfulnesse, than willed y<sup>e</sup> same to fertilitie. In somuch as it was supposed inough at that time, to haue satined the fieldes and Garden plottes, with the leaues and emptie coddres of the Beanes, Peason, Tares, and such like, turned workemanly in with the earth, in due season of the yeare, and not to haue imployed or dunged the ground, with a rotten and pestilent matter, incommodiouse to Man & the Plantes. Whiche wise men haue well founde out, in that the sownen Plantes sprung vp in such an earth, yeelde for the more parte a harmefull qualitie to the dayly feeders on them, hardly to be amended.

Yet for that neyther the Auncient, nor later husband men, seeme to follow the instruction of this precept, nor approue or allow any proper dunging, in prescribing and commending the same in generall: for that cause, I here purpose to intreate in a brieue maner, of the nature and

and vse of the same. But first of all to warne you, that a good and battle grounde needeth small dunging, where a dyle and thinne or leane earth, in contrarie maner requyret plentie of dung. A earth onely dyle (as Maro reporteth) well iogeth to be often fed, and diligently laboured with fat dung: But the grounde that hath a meane substance in it, requieth in like maner a meane dunging to be vsed. Further conceiue, that good dung doth for the more part procure, a good and battle earth the better, yea this helpeth and amendeth the euill and naughtie earth: But the euill dung in a contrarie maner, doth euermore cause al earthes the worser: And this behoueth the Gardiner and husbände man to knowe, that as the earth not dunged, is both colde and stiffe, even so the ground by the ouermuch dunging, may be burned altogether. For which cause (Columella reporteth) that more auaylable and better it is, often to dung the earth, than ouermuch at one time, to bestow in the ground. The earth digged vp to serue for the spring, ought to be dunged in the waine or decrease of the Moone about S. Martyns day: that the same being all the Winter through, may so be desolved, agaynst the time of committing seedes to the earth: and in the Moneth of Marche to be dunged againe, that the earth well moystned with Showres (in the moneth of Aprill) may be procured the apter, for the bestowing of your finer and daintier seedes in the same. Herein consider the leanenesse or fatnesse of your earth, in the often dunging of it, and the worthinesse of your seedes, which may require a lyke paynes to be bestowed on the ground. The plot of earth prepared for the Winter seedes, ought to be wel turned in with dung about the end of September, and the seedes committed to the earth, after the ground be well moystned with Showers. The dung in a Garden plot, for the planting of yong settes ought not to be cowched or layde next to the rootes of the plantes: but in such order the dung vsed, that a thinne bed of earth be first made, for the setting of the yong hearbes: next layed to this, a handsome bed of dung, as neyther to thicke nor thinne spread on that earth, aboue that let an other course of earth be raked ouer, of a reasonable thicknesse: which woorkemanly handled and done, see that your plantes be sette (in handsome maner) into the ground, and in a chosen tyme. For the earth and beddes (on such wise prepared) helpe that the plants bestowed shall not at all be burned: neyther the heate of the dung, hastily breath



forth to them.

Of the kindes of dung, and which well commended for the  
dunging of Gardens. Chap. 10.

**A**s touching the worthinesse & excellencie of dung, the Greeke writers of husbandrie (to whom many of the latin Authours consent) assewre me that the Doves dung is the best, because the same possesseth a mightie hotenesse, for which they willed this dung to bee strawed the thinner, and in a maner (as thinne to be scattered abroad) as seedes on the earth, wherby the same may so season the earth measurably, and not on a heape or thicke bestowed (as *M. Varro* reporteth) much like to the dung of cattel throwne abroad on the ground. The dung also of the hen and other foules greatly commended for the sournesse, except the dung of geese, ducks, and other waterfoules, for their much and thin dunging. And although this dung last, bee weaker than the others, yet may the same be profitable, as the selfesame *Varro* witnesseth out of the Greeke instructions of husbandrie. A commendation next is attributed to the Asses dung, in that the same beast for his leysurely eating, digesteth easier, and causeth the better dung, which bestowed in the earth, for that the same is most fertill by nature, bringeth or yeeldeth forth least stoe of weeds, and profiteth verie much all plantes and hearbes: yea this causeth the most sweete and pleasantest herbes and rootes. The third in place is the Goates dung, being most soare, which enuseth the Weepes dung yet fatter. After this, both the Ox and Cow dung: next the Swines dung, worthier than the Oxen or Hien, but greatly disallowed of *Columella*, for the mightie hotenesse, in that the same burneth the seedes immediately, bestowed in the earth. The vilest and worst of all dungs after the opinion of the Greeke writers of husbandrie, is the horses and moiles: if either of these be bestowed alone in y<sup>e</sup> earth, yet with the sower dungs mixed, either will profitably be abated or qualified. But the same especially is to be lerned and obserued of euery Gardener and husbandman, that they fatten not the earth, if it be possible, with dung of one peares, for the same, besides y<sup>e</sup> it is of no vtilitie, it ingendreth also many noisome wormes, and kindes of vermin. But of the contrarie minde is *Columella*, who willeth the earth to be fatned w<sup>th</sup> dung which hath lycn a yere, & not aboute, in that the same, as he reporteth, bringeth forth least weeds.

werdes, and possesseth as yet a sufficient strength for the turne. But how elder the same be, so much the lesse profitable, in that it lesse anay-  
 leth: yet the newest dung (sayth he) will well agree for Meadows of  
 the fields, in that the same procureth the more yeelde of grasse, being be-  
 stowed in the Moneth of Februarie, or Marche, in colder countreys,  
 and the more increasing of light. The mud also of a running water,  
 as the ditch or riuer, may be employed in the stead of dung. The dung  
 besides of three yeares is esteemed very good, for that in the longer time  
 lying, whatsoever this shall haue of the euill qualitie, and stinking sa-  
 uor, the same by that time vapored forth: if any hard matter consisted  
 in the same, the age thoroughly resolved it. Howsoever it shall happen,  
 that the earth be, the worstiest dung of all, for flowers & Kitchen herbes  
 is the verie thinne Ashes reported to be, which in nature is hote. For  
 this kinde of dung eyther killeth or driueth away the Garden Fleas,  
 the wormes, the canker wormes, founde commonly on Colewortes,  
 Snailles and all other creeping things wasting the stemmes of plants,  
 and herbes. The dung which men make (if the same be not mixed with  
 the rubbish) or dust swept out of the house is greatly disliked, for that  
 by nature it is hote, and burneth the seedes sowne in that earth: so that  
 this is not to be used, unlesse the ground be a barren, grauelly or verie  
 louse sand, lacking strength in it, which being on suche wise, requy-  
 reth the more helpe of nourishment and fatning, through this kinde of  
 dung: yet for lacke of the foresayde dungs, the others may bee put in  
 vse: so that these with the Spade be often chaunged and dispersed in the  
 ground. Here you may not forget, that a watric Garden plot requy-  
 reth the more plentie of dung, but a drie earth needeth the lesse dunging:  
 the one for the dayly moyssure running in it, being ouercold and stiffe,  
 is through the often applying of the hote dung, resolved and made  
 temperate: And the other drie of it selfe through the heate consisting in  
 it, by much applying of this hote dung, is of the same burned: for  
 that cause the moyssure grounde ought to haue store of dung, but the  
 dryer small dunging. That if no kind of dung can be purchased, then  
 in grauelly groundes, it shall be best to dung the same with Chalk: but  
 in Chalkie places, & ouer thicke, those dung with grauelly earth: for on  
 such wise Garden plottes, shal not only be caused to be battie and fruit-  
 full, but shall also become sayre and delectable, as Columella the moste  
 diligent

diligent and skilfull instructor (of the Romaine Gardens) witnesseth: let this last instruction of Plinie be remembered, that at what time soever you minde to dung a Garden for yeelding of fewe weeds, see that the winde blowe then from the west quarter, and the Moone decreasing of light, and the earth also drie: But for the dunging of a Medow (as before uttered) let the same be done in the increase of the Moone. &c. For by such an obseruation followed, the plentifulnesse of yeeld is marvellous much increased: as after the worthie Greekes, the Latin wyriters of husbandrie, haue noted.

What to be considered of euerie gardiner, before the casting forth and leueling of the beddes, with the disposing of the earth. Chap. II.

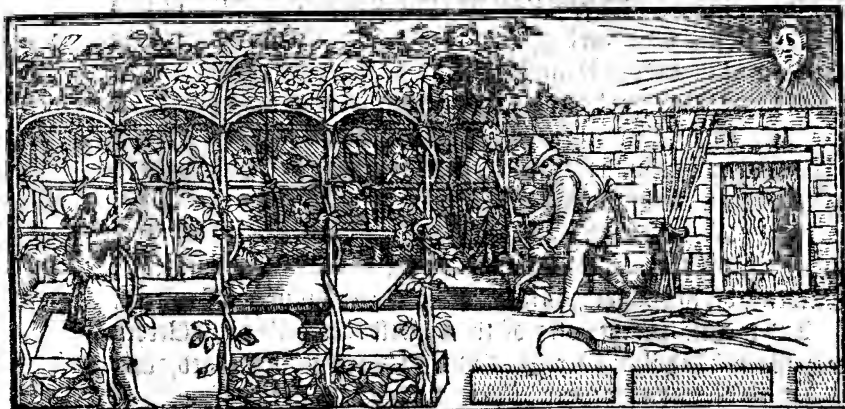
**B**Efore I intreate of the sowing of Gardens, it behoueth to admonish you, that it much auayleth in a Garden, to frame seemely walks and Alleys, for the delight of the owner, by which hee maye the freelier walke hither and thither in them, and consider thoroughly all the matters wrought and done in the Garden, if the disquietnesse of minde hinder not the benefite of the same. The walks and Alleys shall to that ende be disposed, that they may serue in the steade of a dunging in those places, as the worthie interpreter M. Cato (that cunningly wrote of the auncient husbandrie) witnesseth. These before considered, let vs come vnto the matter: Certaine skilfull practitioners admonish, that a Garden plot or field, bee not sowne ouer all, vntill the earth before shall be well moistned with showers. That if these fall in due season and tyme (then the skilfull Gardiners agree) to be well liked. If any be otherwise occasioned to sow, as often it so happeneth, then the seedes slowly breake forth, how workmanly soener the seedes may be bestowed in a drie Garden ground, or plow lande, as that worthie Columella witnesseth: which like matter in certaine countreys is wont to be exercised, where the condition of the ayre is on such wise. For what the same is which shall be bestowed in a drie earth, is euen the like, as if the same were layde in a house, whiche corrupteth not. But when showers fall on the seedes (committed to the earth certaine dayes before) they after shoote vp in one daye: yet are these seedes in daunger (sowne in the meane time) of Byrdes, and Antes or Pismires, except the seedes be (before the sowing) preserved and defended wth those helpes

helpes which shall after be uttered, in the proper place following. How soeuer the occasion and weather serue, the Gardiner shall employ his diligence, that the Garden ground or field, which ought to be leuelled, and sowne in the spring time (that the same may yeeld the proper fruits in the Sommer time) bee digged and dunged (if need so requyre to the earth) about the ende of Harvest, when as yet the cold season and frosts bee not approached, nor bitter weather begun. And the same garde plot or quarters of the Garden, which the Gardiner woulde in the Harvest time, haue couered with the Sallet, Pot hearbes, and rootes, ought to be turned vp in the beginning of Sommer, or in the Moneth of May, that the Cloddes of earth may (through all the colde Winter, and hote Sommer weather) speaking or rather (here meaning of the greater Gardens) bee so dissolved, as the worthy *Maro* skilfully instructeth.

And to these that the rootes of the unprofitable Herbes or Weedes may likewise be killed: After the Winter or Sommer time ended, dung then must bee orderly turned in with the earth: as in the Moneth of Marche (the Moone decreasing) for the Spring time, and in the end of Harvest, for the Winter tyme. And when the sowing time approacheth or draweth neare, then shall the Garden ground (as the proper order and maner of euery Countrey is) bee diligently raked, weeded and purged, both of the stones and unprofitable rootes, after the same, let the earth bee dunged, and orderly digged, as in the maner afore taught, which through the diligent digging so often repeated, that the dung with the earth by the twise labouring ouer bee well dissolved and mixed together. After this digging and dunging againe the seconde time (if the ground needeth such fatning) and the earth leuelled, may the Garden (about the middes of Februarie, but I rather suppose in the Moneth of March to be more agreeable, and the Moone especially in his first quarter) be beautified in apt places of the same, with seemly Herbers, before the quarters and beddes be workmanly trodden out by the Gardiner: the instruction of which Herbers, shall fully be uttered in this next Chapter.

The framing of sundry Herbers delectable in a Garden,  
with the walkes and allers artely de-  
uisd in the same.

Chap. 12.



The Herber in a Garden may bee framed with Juniper poles, or the Willowe, eyther to stretch, or be bound together with Osyers, after a square forme, or in arche manner winded, that the braunches of the Vine, Melone, or Cucumbe, running and spreading all ouer, might so shadowe and keepe both the heate and Sunne from the walkers and sitters there vnder. The Herbers crected and framed in most Gardens, are to their much refreshing, comfort, and delight. These two, as the byright, directed by quarters set in the Earthe, and leaning to the wall, neere to which faire Rosemarie, or the redde Rose set, to runne straight vp, and the winding in arch manner, framed (as I vttered afoze) with the Juniper, or Willithe poles, to shadowe the walkers there vnder. To this fastning the Vine, and sundry hearbes, whiche in the growing vp, runne and spredde ouer the same, as the Byronne, Cucumbe, Gourd, & others others, of which here vnder we shall moze fully intreate. But first I meane to speake of those Herbes, whiche the Gardener planteth and ordereth to runne for beauties sake in an byrighte Herber: after to intreate of those, whyche he eyther soweth or planteth, to runne ouer the winding or arch Herber. The plantes to runne vp, and serue comeliest for the straight Herber, ought to be those of a fragrant sauoure, and that growe



growe or shote vpp high, and are spredde abroad, whiche especially framed in the Garden for delight and pleasure, and these properly named wall Herbers, in that they are set in a manner leaning to the wall, with the quarters sette vpright, and poles fastned ouerthwart, along the whiche, the Rosemarie, the Iasmine, and redde Rose in manye Gardens, sette to growe vpright, whiche in tyme growing, beautifye an vpright Herber, although these couer not the same, though theye shorter and lower growing than the Herber: yet this commoditie ensueth by the Herber, that the owners friends sitting in the same, maye the freelier see and beholde the beautie of the Garden, to theye greate deliyght. The erection and garnishing of the winding Herber, maye best bee wroughte with Juniper poles, in that these may well endure withoute repairing for tenne yeares: but those framed with the Willowe poles, require euery thre yeares to be repayred.

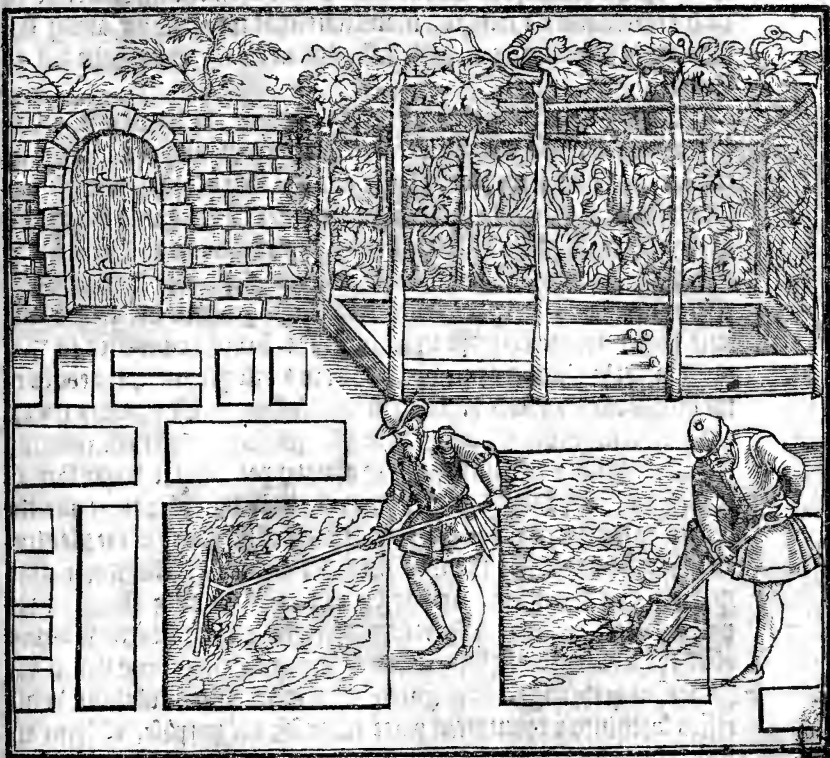
The owner or Gardener that woulde sette Rose trees to runne by the poles of thys Herber, ought workemanlike to beginne and doe the same aboute the myddes of February, and in the fyrste quarter of the Moone, the beddes before well reared wyth a stone and drye Earthe, and not wyth Dung. The Rose trees with theye rootes, are also to be planted in short and narrow beddes, diligently rayed with a drye Earthe, but if the Gardener or owner will, slippes may be broken off from the rootes, cutte in a slope manner at the heads, about a mans foote and a halfe long, wythed at the endes, and so sette in a slope manner, a foote deepe into beddes, well reared with a drye Earthe, and in the increase of the Moone. The olde trees newe sette euery fifth yeare in the wayne of the Moone, take roote the sooner, and yelde the more Roses, beyng prouyned and refreshed euery yeare with new and drye Earthe aboute the rootes, for neyther the slippes nor olde rootes joy in a fatte Clay, or moyst ground, but in the drye and stony Earthe, and to bee sette in ranckes well a foote distaunte one from an other, in drye beddes, well reared vpp: for bestowd in ranckes of suche distance betweene, they prosper the better, and yelde more Roses. The Seedes of the Rose commytted to the Earthe, doe slowlye come vpp, yet so often as you mynde to sowe the Seedes, bestowe them a foote deepe in lyghte and drye Earthe, aboute the myddes of Marche wyth vs, and in February, in hotter places, the Moone then increasing.



Here may any truly learne by the instruction in the worthe Neapolitane Palladius Rutilius, whiche are the seedes of the Rose: For a man (sayth he) may not thinke the yelow graynes within the Rose flower (being of a golden colour) to be them, but the knobbes which grow after the manner of a most short and small pearre, the seedes of which are then full ripe, when they be perceyued brownish and soft, which will be in the Moneth of September. The owner also may set the Jasmine tree bearing a fragrant flower, the muske Rose, Damaske Rose, and Orinotree, in beddes of dyt earth, to shote vp and spreade over this Herber, which in time growing not onely defendeth the heate of the Sunne, but yeldeth a delectable smell, much refreshing the sitters vnder it. But this Arche Herber for any kinde of the Roses, may not be built much about a mans heighth, for the short growth of them: And as this Herber is delectable to the eye, euen so laborious, & with diligence to be tended: for which cause the more nūber in England, plant Vines (for the lesser trauaile) to runne and spreade over the vpright and square Herbers, framed with quarters and Polles reaching a breadth. After the Herbers seemly pefourmed, in conuenient places and walkes of the Garden ground (here meaning and speaking of the large plottes) the Alleis euen troden out, and leauelled by a line, as eyther three or foure foote broade, may cleanly be sifted ouer with ryuer or sea sande, to the ende that showers of raine falling, may not offend the walkers (at that instant) in them, by the earth cleauing or clagging to their feet. The commoditties of these Alleis and walkes, serue to good purposes, the one is, that the owner may diligently view the prosperitie of his herbes and flowers, the other for the delight and comfort of his wearied mind, which he may by himselfe, or fellowship of his friends conceyue, in the delectable sightes, and fragrant smelles of the flowers, by walking vp and downe, and about the Garden in them, which for the pleasant sightes and refreshing of the dull spirites, with the sharpening of memorie, many shadowed ouer with hauing or Archherbers, hauing windowes properly made towardes the Garden, whereby they might the more fully view, and haue delight of the whole beaustie of the Garden. But the strait walkes, the wealthie made like Galleries, being all open towardes the Garden, and couered with the vine spreading all ouer, or some other tree, which more pleased the. Thus bryefly haue I touched the

the benefites of walkes and Alleyes in any Garden ground: whiche the Gardiner of his owne experience may artly tread out by a line, and list ouer with sand, if the owner will, for the causes afore bittered.

The forme of the disposing the quarters into beddes, and apt borders about, with the sowing, choise and defence of the seedes, and weeding of the beds. Chap. 13.



**T**he quarters well turned in, and fatned with good dung a time before, and the earth rayled through the dunging, shall in handsome maner by a line set downe in the earth, be troden out into beddes and seemely borders, which beddes (as Columella witnesseth) rayled newly afore with dung, and finely raked ouer, with the cloddes dissolved, and

D.

stones

stones purged forth, shall bee attely troden out, into three foote of breadth, and into what length the owner or Gardener will: but to such a breadth especially troden forth, that the weeders handes may well reach vnto the middelt of the same, least they thus going by the beddes, and weeding forth the vnprofitable hearbes and grasse, maye in the meane time treade downe both the seedes shooting vp, and plants aboue the earth. To the helpe of which, let the pathes betwene the beddes be of such a reasonable breadth (as a mans foote) that they passing along by, may freely weede the one halfe first, and nexte the other halfe left to weede.

The beddes also ought (after the minde of the worthie Neapolitane *Palladius Rutilius*) to be troden out narrow, and of a length, as twelue foote long, if the plot be large, and sixe foote broad, and the pathes to these of a seemely breadth, for the easier retching into the middle of the beddes, or at the least freelier, to the furtherance and speede of the weeders. In a moyst and watric Garden plot, this skilfull Neapolitane willeth, that the beddes in the same grounde bee reared two foote high, for the better prospering of the seedes committed to that earth, and the plantes come vp. But in a drie grounde, the edges of the beddes rayfed a foote highe, shall well suffice. The pathes troden out betwene the beddes, ought to be of a good depth and euen, whereby the water sprinkled gently forth by a water pot, on the vpper face of the beddes, and falling into the pathes, may the easier enter into the beddes, to the better moystning and feeding of the rootes of the plantes, and the rest superfluous to runne the easier into other Allys or pathes needing this moysture, whiche by this easie running along in the pathes, shall proceede a speedier moystning, and farre better watring of all the beddes, yea the superfluous water in the ende, lying still in the pathes, may through a slope gutter made in the middes of them, be directed forth into a conuenient place made for the purpose, of some distance from the beddes. And this instruction much anayeth to beddes in the night time, when as mightie showers happen to fall, whiche might ouercloy the beddes, were it not for the Gutters speedily conueying the water away.

All these instructions conceyued, the Gardener or Owner maye then prepare himselfe to the committing of Seedes to the earth:

earth: in which he ought to be carefull, that after the bestowing of the seedes in the earth, a clearenesse or mildnesse of the ayre may for certaine dayes succeed: for through the ayre and weather fauouring, and the seedes sowne in warme places, where the sunne long shineth, doe they most speedily break, and shote about the earth, so that the seedes be new and good, the age of which in this doing, much auayleth to be examined and knowne. Therefore euery Gardener and owner ought to be careful and diligently to foresee, that the seedes committed to the earth (as *M. Cato* willeth) be neither too olde, drie, thin, withered, nor counterfeited, but rather full, new, and hauing iuice. These notes of the seedes remembred, and the Gardener minded to comit them to the earth, ought also to regard, that the wind at that instant bloweth not fro the north but rather fro the south, or south-west, nor the day berie cold: for in such seasons and dayes (as all the skillfull report) the earth as then timorous and fast shut, hardly recepueth and nourisheth the seedes committed to it, where the ground in a contrary maner, doth willingly apply and retaine the seedes, bestowed or sowne in layre dayes, and temperate hote.

The artely disposing of sundrie beddes, for the sowing and increase of diuerse fruites and kitchin herbes, with the wittie defences to be vsed after the seedes are bestowed. Chap. 24.

**T**he Gardener minding to commit chosen seedes into sundrie beddes, ought to lerne, that the beddes lying open to the south, be high raised, through the well mixing of horse dung with the earth, and after the euen raking and leuelling, to remain a certaine time vnsowed: then one or two of the beddes in the moneth of March, and in the increase of the Moone, may be sow with Lettuce and Purselane seedes, for these sooner spring vpp in the moneth of March, than februarye, to bee removed in the beddes, after the plantes be shotte by halfe a finger heighth. In those beddes may he also sow the Parsely, Rocket, Sorrell, Endiue, and diuerse other Sallat hearbes: which after they be somewhat come vp, may bee thinner sette in other beddes. Haue beside a speciall regard to your Seedes, that they bee neyther to olde, withered, thinne, and empye, and the borders of those Beddes maye you bestowe with the Seedes of the Artichoke, well two hande breadth asunder.

In an other bed may you sow fine seedes, to haue pleasant hearbes that may be kept drie, for the pot or kitchin in the Winter time, and those which yeeld delectable flowers, to beautifie and refresh the house, as the Maizorain, French balme, Time, Hysope, Basil, Sanerie, Sage, Marigolde; Buglas, Borage, and sundrie others. The Gardener may trie these seedes in beddes, lying all open to the warme Sunne, as the Orange, Lemon, Pomecitrone, Pomegranate, the Myrtle and Date, but these ought so to be fenced by a succour on the North side, that the colde Ayre hinder or let not the coming vp of them. When the Cytrone or any of these be well sprung vp, the Gardiner ought to remoue and set them into proper chestes filled with light earth, which at will and pleasure, may be rolled hither and thither, for the better auoyding of the Sunnes great heat, and bitter colde ayre, by standing vnder a couer or Penthouse, made for the onely purpose. In an other bed being of good length, and placed toward the quickset hedge, and to runne ouer the Arche Herber, may the Gardener bestow seedes of the Cucumber, Cytrone, round Gourd, and long: In an other bed also, being long and narrow, and deepe furrowes at eche side made, to set vessels lower than the beddes, may the Gardiner sow seedes, of the sundrie kindes of Melons. That the Byzdes and other foules may be defended from coming to the seedes committed to the earth, the skilfull will, that the white thorne be layde on the beddes: but to bestow your seedes in beds rather in the Month of March, than Februarie, and the moone increasing, do speedier appeare aboue the earth. But if the Gardener feareth least the seedes committed to the earth should be in daunger through the bitter cold ayre and Sunnes heate following (as yearly the like so happeneth) the beddes may then be couered with thick Mattresses of straw, in such maner, that they hinder not through their weight, the crescent things coming vp, which may thus bee ordered, in setting fyrst vp sundrie forked sticke at eche corner, and in the sides of the beddes, on which long rodde layde, reaching to eche corner, and at the endes, as *Columella* willeth: these done, let him wittily lay on the Mattresses, in couering and defending the yong plants from the cold or heate, at that time. But at such times as the ayre being cleare in the colde season, the Mattresses (when the Sunne shineth warme) may be taken of, for the speedier increasing of the plantes springing vp. All herbes and rootes

for the Kitchin, prosper farre better by their remoning, and thinner setting, through which (by report of the skillfull) they yeelde a pleasanter sauer. There are of the Greeke writers of husbandrie, which will the sowing of seedes to be done in the increase of the moone, as from the first quarter, vnto the full light of the Moone, and the knowing at that time to be vnder the earth in the day time. Others hauing deuised a perfitter way, do not allow a timely or early sowing of seedes, for whiche cause they disposed and deuised the same sowing of seedes, into two, yea into three or foure severall times of the day, contenting by this meanes to auoyde the vncertaintie of the time to come: herein calling to mind the husbandly pproverb, of the worthy Columella, which sayth, *Haue no mistrust in the committing of seedes to the earth.*

It therefore behoueth the gardiner, which hath an earnest care for the purchasing of Kitchin or pot hearbes, to regard & see that the seedes committed to the earth be full & new, the earth artely prepared, & dung in the same laudable, & water at hand for the vse of the seedes. For the seedes founde and good, do yeeld after the sowing plantcs of the like goodnesse and vertue: the earth laboured and made apte, will verie well keepe and prosper the seedes committed to it: the dung being good, and well myxed with the earth, will cause the earth batteller, and to these the lousier, whereby water diligently sprinkled on the same, may the freer and easier enter in, to feede and cherish the rootes, and the water serving to the same ende, that it may as by a feeding pappe, nourishe and bring vp all crescent things.

The workemanly casting forth, dcuiding, and preparing  
of beddes for the most hearbes and rootes of  
the Kitchin. Chap. 15.

**T**he owner or Gardener ought to remember (that befoze he committeth seedes to the earth, the beddes be disposed and troden out, into such a breadth and length, as best answereth to euerie plant & roote, in that the beddes to be sowne for *Paues* rootes, ought to be troden out large and long, next to which may the beddes for *Colworps* and *Cabbages* be ioyned of a sufficient breadth: to these next may you place beddes of a reasonable breadth, for the *Rapes* and *Turew* rootes: then for a seemely diuision in the Garden, may hee treade out by these an *Alley* of three foote broade: next to whiche, if the Gardener will,



may he dispose sundrye beddes together, for diuers kindes of Herbes, as the Arrache, Spinedge, Rocket, Parselie, Sorrell, Beetes, Speradage, Cheruill, Bozage, Fenell, Dill, Myntes, white Poppie, and sundrye others. Next ioyning to these, may the owner or Gardener place an other alley of thre foote broade, by whiche, frame beddes for the Leekes and Cyues, and to these nexte, may the Gardener ioyne beddes for the Onyons and Chiboules, by these nexte, the Scallions and Garlike in two beddes disposed. Then leuell out by these an Alley of thre foote and a halfe brode, to which the Gardener maye adioyne manye beddes about for bordures, seruing as wel for the keeping in of y<sup>e</sup> sauourres, as for hedges and pot hearbes for the Winter. After these, it shall be right profitable to leuell a bedde only for Sage, another for Flope, the like for Time, another for Maioram, a bedde for Lavender, another for Rosemarie and Southernwood, a bedde for Sauerie and Flope, beddes for Costemarie, Basill, Baulme, and running Tyne: yea a bedde of Camomile, for the vse of Benches to sytte on, and a delectable Labyrinth to be made in the Garden (if roome wil so serue) with Flope and Time, or the Winter Sauerie only. In the Garden besides, to sowe and plant diuers Physicke herbes, and pleasaunt floures, shall be to great vse and commoditie. in that these, besides their delectable sight, yeld a commoditie to our bodies, in curing sundry griefes as wel in women, as men, for which cause, it shall be necessarie to sowe Beddes of Physicke Herbes next to these, as the blessed Thistle, the Romaine Wormewood, the Sperage, Herbe Mercurie, Gentiane, Dittany, Herbe Fluelline, Hartes tung, Buglosse, Selseheale, Liuerwort, Lungwort, Stecados, Valeriane, Spykenard, Lyons foote, Mugwort, Herbe Patience, Angelica, Byttonie, and many others, of which in the seconde part shall particularly be vttered, and their Physicke benefites to bee employed manye wayes.

The rare inuentions and defences for most seedes to be committed to the Earth that these be neither endamaged of Birds, nor creeping things.

Chap. 16.

A worthy Writers agree, that in vaine the Husbandly Gardener shall trauel, yea and all others, if the Seedes bestowed in the earth, happen

happen after to be endamaged eyther of Wormes, and other creeping things, or otherwise scraped vp and wasted by Byrdes, or else harmed by any other iniurie, whether the same bee wrought within, or without the Earth, for which cause, that the owner or Gardener may auoyd these iniuries, it is high time that he employ a care and diligence in the conceyuing of these remedies and secretes following. If Seedes to be committed to the Earthe, are a little time before the bestowing, steeped in iuice of Houslecke or Syngrene, they shal not only be without harme preserved, from Byrdes, Antes, Field Mice, and other spoylers of the Garden Herbes, but what plants shote vppe of these, shal after proue the better and worthier, as I obserued the like, sounge noted both in the Greeke commentaries (of matters of the fieshe) and Latin authours of husbandrie, which to be most true, although experience instructeth and approueth the same, yet this many times happeneth in sundry Countries, that small stoze of the Herbe can be sounge to supply the turne, by reason whercof, the Gardener must be forced to exercise a sparer way, after thys manner, in steeping of the Herbe for a night in a good quantitie of water, and the same to sprinckle sufficientely on the seedes, whereby they maye all the nyght drawe and drinke in the substaunce of the Herbe, as the worthy *Columella* instructeth.

And for lacke of thys Hearbe altogether, (the sayde Authoure reporteth) that the Gardener maye vse in steade of it, the Soote cleauing on the chymney, whyche gathered a daye before the bestowing of the seedes in the earth, and my red for a night with them, doeth the like defende the seedes in safety.

The Greeke writers of husbandrie (and after them, *Plinie*, and the worthy Neapolitan *Palladius Rutilius*) reporte, that those seedes maye bee preserved in safetie, from all euill and Garden monsters, if the bare heade, without fleshe, of eyther Mare or Mee Ass (hauing bin couered of the Male) bee buried in the Garden, or that the middes of the same fyred onastake set into the earth, be erected.

The worthy *Plinie* further reporteth, þ there is a Carlike growing in þ salowe fieshe (named *Alum*) which on such wise boyled, þ the same wil not grow again, & strawed on the Beds sown, doeth in such manner auaille, þ Byrdes after wil not scrape by the earth, nor spoyl the seedes

bestowed in them. And such which haue eaten of this, are taken (as being astonished) with the hande. The well practized Affricanus vnto the same matter instructeth, that if a quantitie of Wheate or Barley bee boyled or infused in wine, and mixed with Peeswozt, as either the black or white, and the same sprinkled abroad by the pathes of the beddes round about, doth on such wise defende the seedes sowing from the iniurie of Byrdes. But those being in a manner dead by eating of this, or at the least starke drunke, he willet then to hang vp by the legges, on a long rodde sticked in the earth, to the terrour and feating away of all other Byrdes comming to the place. For this worthe Authour omitteth the rare practise of the decoction of ruer Creaules: with whiche if the Gardener shall sprinkle his seedes before the sowing, Byrdes will neuer after (a matter to bee marvelled at) approche to the Garden Beddes: yea the plantes beside, which are sprung or shotte out of these, shall endure and continue safe and free from all the iniuries of creeping things. There are certain skillfull practicioners, which asserme to haue auayled mightily in dyspuling away Byrdes, by the onely sprinkling of this decoction aboue taught on the plantes come vpp, which matter hath of many beene experienced aboue a hundred tymes, so that the same were wrought at a certaine period and time of the Moone. Sundrie practicioners myxed the bzuided leaues of the Cypresse tree with the seedes for a night, and the same mixture on the morow they bestowed in the earth, being afore wel wrought, and turned in with dung. For on such wise the plantes sprung out of these were deliuered from all maner of gnawings of creeping things. Others skillfully practised, bled the dyke shaulings or fillings, eyther of the heartes bozne, or Elephants tooth, which they myxed with the seedes for a day, and committed them after to the earth, or they otherwise sprinkled the seedes to be sown with the water of the infusion and mixture of these for a night.

The wittie helpes commended of the auncient, for the Garden seedes, to be employed as well before as after the sowing, that these be not harmed by outward nor inward iniuries. Chap. 17.

**T**he singular Poet Virgill counsaileth that the seedes to be committed to the earth to bee afore sprinkled & moistened with the water of

Nytze infused, or the Byrne made of the same.

The Greeke *Apuleius* willeth, that Seedes (before the sowing) bee sprinkled and moistned with Wine, for on suche wise handled, the plantes springing and shooting vp, weaken the lesse, yea being feeble, they shal mightly be holpen, with water & Byrne mixed and sprinkled on them.

There are certaine Greeke instructors of Husbandrie (both of *Plinie*, *Columella*, and the Neapolitane *Paladius Rutilius*) allowed and commended, which will, that the rootes of the wild Cucumbe be infused for one whole day and a night in faire water, and with the same, thzough the often sprinkling, so to moisten well the Seedes, the next day those Seedes couered ouer with a Blancket, they will the next morrowe to be committed to the earth, affirming the Seedes thereby to prosper the better, and these for a certaintie to bee preserved from all euill annoyances. The selfe same doth the skillful *Apuleius* will, that a fewe Lentels be also mixed with the seedes, in the sowing of them, for as much as the same pulse by propertie, auayleth againste the harmes of wyndes: *Thys* antheur further willeth, that for a safety of the seedes bestowed, a speckled Tode, named of the Greekes *Phrynon*, bee drawn by a lyne in the nyghte time, rounde about the Garden or fielde, afore the earth be laboured, or diligently digged and dressed of the Gardener: and the same after inclosed in an earthen pott: to be buried in y<sup>e</sup> middes of the Garden or fallowe fielde, which, at the present sowing time approached, shall then bee digged furth, and throwen or carryed from that place, a greate distaunce off, least the plantes (after the seedes sown) growing bype in that place, maye proue or become bitter and displeasing of smell.

The Egyptian and Greeke instructors of husbandrie reposes, that the seedes, after the bestowing, will remayne yngrauiden or bitten and free of harme by creeping things in the Garden, if the seedes shall bee committed to the earth when the Moone possesseth hir halfe light, or is quarter old. It might be thought an obliuiousnesse, to haue ouerpassed y<sup>e</sup> physicke experiment of y<sup>e</sup> singular *Democritus*, both for the seedes and plantes, noted diligently (of the skillfull Neapolitane *Palladius Rutilius*) after this manner: Bestow and close couer (saith *Democritus*) of the Sea or river *Crepules*, no fewer than ten in number, into a glasse body filled

filled vp with water, the same set abroad in the aire, let so stande to be sunned for tenne dayes together, the Seedes that you would after haue to remaine in the earth vnharmed, sprinkle and moisten with the same water for eyght dayes togyther, after these eyght dayes ended (as *Rutilius* instructeth) doe in like manner with that water, vntill the plantes after your desired minde be well sprung vp, at whiche experiment thus handled, you will greatly maruell: for out of these Seedes, what plants shall be sprung and shot vp, will not only dyue Beastes and Cattell from the eating of them, but all other creeping things of what condition they be, from the gnawing and biting of them, of whyche matters shall further be intreated, in the proper Chapters a little after, and for other defenses and helpes of Seedes as occasion offereth in the places shall be vntreated.

The laudable instructions of the auncient, in the nature and election of sundry Seedes, with the apt times commended for the sowing of most Kitchen Herbes. Chapter. 18.

**T**he singular *Columella* instructeth, that all Seedes bestowed in the Garden, for the vse and benefit of the Kitchen or pottle, ought rather be done in the increase of the Moone, as from the first, vnto the sixte day. For asmuch as all Seedes committed to the Earth, in the decrease or waine of the Moone, eyther slowly breake and shote vp, or else so weakely increase, that these after serue to small purpose. It many times also happeneth (as the worthy *Varro* reporteth) that although the Seedes bestowed in the Earth, be done in the increase of the Moone; the Seedes besides hauing a iulke, waightie, full, white meale in them, and in no maner corrupted or too old, yet these notwithstanding are hindered through some euill constellation, which of the skilful is named an influence of Heauen, were the Gardeners diligence neuer so muche, so that it is not impertinent to the matter here to recite what the worthy *Neapolitane Palladius Rutilius* reporteth of the Garden ground, which sayeth, that a garden plot, placed and lying vnder a freshe and sweete aire, and moistned gently by some Spring or sweete water runnyng by, is in a manner battell and readie ynough, whereby the same requireth but a small instructio and diligence, to be bestowed in the sowing of it. The bestowing of Seedes in a moist earth, the beddes afoze shott salt, ought to be done in the warme season of the Spring, as in May, and



and the Moone increasing, for seedes on such wise handled, prosper the better, through the warme and drie time following. But if occasion moueth you to commit Seedes into a drie ground, and that water bee farre distant, then digge the alleis of the beddes deepe, and in a slope manner, for the better leading of the water from beddes sufficiently moistened, to others lacking moisture: and to these such a drie Earth better agreeth to be sown in the Haruest time, the ground before well moistened with shoures, heerein not forgetting the choise of seedes, nearest agreeing to the natures of these two Earthes, with the furtherance of the Moone at time of the sowing. If the Gardener mindeth to commit seedes to the Earth in the Sommer time, lette the same be done in the increase of the Moone, in the monethes of July and August. In the Haruest time about the middle of September, and in October, y<sup>e</sup> Moone in those monethes in hir first quarter: for the time againe of committing Seedes to the Earth, let the same be done in the Monethes of February and March, the Moone at those times increasing of light.

The Seedes which ought especially to be sown in the Earth, about the ende of Haruest as about the middle of September, and in October the Moone at those times increasing, that these may all the Winter endure, and be strengthened in the ground, are the Endive, Onions, Garlike, Scallions, the great Garlike, yong Leekheads, Colewortes, Mustard seede, and such like.

The Garden ground naturally colde, or all the day receyueh but a weakē comforte of the Sunne, through his shorthe presence or tarying there, or else in colde Countreies, as at Yorke, and farther North. In such places I say, the bestowing of many seedes better agree to be done about the middle of the Spring, or in the moneth of May, in warme and caulme dayes, the Moone then increasing of light.

But the seedes to be committed to the earth in those Countreies and places in the Haruest time, ought rather to be done sooner or before the time with vs, where the Seedes otherwise to bee bestowed in those Countreies and places in the Spring time, require farre timelier to be done, as in the beginning of the moneth of Marche, and the Seedes to bee sown in those places in the Haruest time, to bee bestowed muche later.

The Seedes that at will of the Gardener may be committed to the



Earth, either in Harvest or Spring time, chiefly for the Kitchen or pot, under a gentle ayre, and in a Battle ground, are these, the Coleworts, Rauens, Artichocke, Endiue, Lettuce, Dyll, Rocket, Coliander, Parsley, Fenell, Radish, Parsnip, Carrot, and sundry others. Yet these by report of the skilfull, conue better forward, being sowe in the moneth of July, the country there hottest, but in the countrie temperate, the seedes ought rather in y<sup>e</sup> month of August: and in the Countrie being colde, in the month of September. Those seedes committed to the earthe in warme and caulne dayes, prosper far better than those being sown in hotte and nipping colde dayes: for that the warme, comfortablie dayes hyppre the plantes, where as the hotte dayes (in a contrarie manner) do drie, and the bitter colde shut the earth.

The seedes which the Gardener mindeth to bestowe in the earthe, ought not to be above a yere olde, and that brused haue a white meale wythin, & ful: for otherwise being ouer old, or withered, they wil neither grow, nor profit at all. The fresher and newer that the seedes be, at time of the bestowing in the Earthe, as the Leeke, the Cucumber, and the Gourde, so much the sooner these brake, and appeare about the Earthe: contrariwise, howe much the older the seedes shall be, as the Parsley, Bettes, Organy, Cresses, Penitroyall, and Coliander, so much the speedier do these shote vp, and appeare about the Earthe, so that the seedes before the sowing be not corrupt.

Certaine preceptes of the skilfull in our time, for the sowing of many dolectable flowers, and tender Herbes, with the obseruations of the Moone in these, and in other matters necessary.

Chap. 19.

The latter writers of husbandrie reporte, that these tender Herbes, and pleasaunte flowers, as the Maiorani, Sagerie, Herbe Fluelline, Bugloss, the blessed Thistle, the Herbe Angelica, Marriane, Baulme, Anise, Dil, Fenell, Organy, Hyntes, Rue or hebe Grace, Sperage, Arache, Sypnache, Beetes, Endiue, Borage, Rocket, Taragone, Parsley, Sorrell, Endiue, Strawberrye, Lettuce, Artichocke, and sundrye others, the Marrigolde of all kindes, Rosecampon the redde and white, the flower Amour, y<sup>e</sup> Floure.

Floure Petilius, the Columbine white and blew, sweete Johns, the Pincke, Hartes ease, the Pionie, red Lillie, herbe Stiras or Lauander gentle, Batchlers button, the Gills floure of al kindes, the Carnation, and many others, ought rather to be committed to the earth in the spring time and sowne in the Monethes of March and April, for so they speedier come forwarde, than bestowed in the Moneth of Februarie, herein considering the state and diuersitie of the time. The seedes also of the tender hearbes, committed to the earth in an apt time, and the Moone in his first quarter, doe the speedier shote vp, being especially sowne after showers of raine, on sunny and warme places, as lying open all the day to the Sunne, which on such wise do the soonest and speediest break, yea and appeare aboue the earth. For which cause, a diligent care must be had in the bestowing of tender Seedes, that the winde then bloweth not from the North, nor done in colde and close dayes: for these both include the seedes in the earth, and hinder their growing and shooting vp.

Seedes bestowed in hote places, do sooner yeeld their stemmes and leaues; yea these speediest giue their seedes. Such time is for the sowing of your seedes, as may be both milde and warme, in that warme dayes following speed more forward the seedes bestowed.

As touching the most seedes committed to the earth, they ought rather (as afoze vttered) to be newe, not riueld but full; bigge, weightie, fayre of coloz, fattie or hauing a iuice, which broken giue a white meale and modie powder, for the seedes that after the breaking yeeld a drie powder, do well declare them to be corrupt, and seruing to no purpose.

The seedes thus tried afoze, and bestowed at that time in the earth, when showers fell a day or two before, and a temperate day at the sowing of the seedes, doe verie well prosper the growing, and procure these to shote vp farre speedier. In that a colde ayre at the sowing, and a day or two after, is knowne to bee harmefull to seedes; through the including of them in the earth, and hindring in theyr growth and shooting vp.

If necessitie forceth the Gardener to bestowe any seedes or plantes in a salt earth, let these be eyther set or sowne about the ende of harvest, whereby the malice and euill qualitie of the ground may be so purged, through the shoures falling at the Winter.

If the owner or Gardener mindeth to bestowe yong Trees in the ground, lette sweete Earth or River sande, bee turned in with the same.

The Greeke writers of husbandrie (after whom Columella and Rustilius) will, that al the kindes of pulses, as Peasone, the Haskings, Vetches, Tares, and such like, to be sown in a drie Earth, sauing the Beans, which rather toy to be bestowed in a moyst ground.

What seeds the Gardener mindeth to commit, in a wel dressed earth let these be bestowed from the first day untill the full light of the Moone (wel nigh) for that seeds sown in the Moone, come by thine, and the plantes in few weake of groweth. Such trees as the husbandman mindeth to builde wythall, let those rather be cut downe after the consent of the skillfull in the laste quarter of the moone; they being (at that tyme) of small light, yea neare to hye chaunge, and vnder the Earth.

In the cutting downe and gathering of coeue (as Macrobius sayeth) for the longer preserving of it and the straw drie (so that the same be done in a drie season) doth better agree, being in the wayne of the Moone.

Such crescent things as the Gardener (or Husbandman) mindeth otherwise to sel, ought to be cut, and gathered in the full Moone, whereby the greatnesse there of suche things may yeelde a better sale, and bee delectabler to the eye.

Such things as the Husbandman myndeth to preserve a long time moyst, as Apples, Peares, Wardens, & such like, let these (after the minde of the skillfull) bee rather gathered neare the full light of the Moone.

For the committing of seeds to the Earth, although the ancient Husbandmen prescribe proper monthes and dayes, yet may euerye person herein kepe the precepte, according to the nature of the place and ayre, so that these diligently bee considered, howe certayne seeds there are, whiche speedier spring by, and certayne which slower appeare about the Earth.

The

The commended times to be obserued, with the annoyances  
and incommoditie to be eschewed, in the bestowing of  
seedes and plants in the Earth.

Chap. 20.

**T**he singular D. Nigier learnedly uttereth, that the moze of estimation the seedes and plants are, with the troubles there aboute bestowed, so much the circumspecter ought euery Gardener and husbandman to be, and the moze instructions and helps the Gardener may attayne, or the greater daunger he may therein auoyde, the moze carefull ought he and all others to be.

The dayly experience is to the Gardener, as a Scholemaster, to instruct him, how much it auayleth and hindereth, that seedes to be sowe, plantes to be set, yea Sions to be grafted (in this, or that time) hauing herein regarde, not to the time especially of the yere, as the Sunne altereth the same, but also to the Moones increase and wayne, yea to the signe the occupieth, and places both aboue and vnder the Earth.

To the aspectes also of the other planets, whose beames and influence both quicken, comfort preserue, & maintaine, or else nippe, wyther, drye, consume, and destroy by sundry meanes, the tender seedes, plantes, yea Graftes, and these after their property, and vertue natural or accidental.

Herein not to be forgotten, the apt choyse and circumspection of the Earth, with other matters generally required in the same, for whyche cause (after the minde of the skilful Astronomers) and prudent experimienters, in either committing seedes to the Earth, and planting, or other like practise to be vled about the seedes, plantes and yong trees, these rules following are to be vnderstanded and kept (which they haue left to vs for our commoditie) in cases of importance, and where the occasion may be employed.

When the Moone and Saturne, are either three score degrees of  $\gamma$  20 diacke asunder (which distance in heauen) is named of the skilfull, a Serpyle aspect, it is then commended to labour the Earth, sowe, and plant, marked after this manner.

But when these are 126. degrees asunder, which properly is named a Trigon, or trine aspect thus noted  $\triangle$  for  $\gamma$  moze part, then is that time better commended for laboring the Earth, whether it be for tilling, Gardening, sowing, planting and setting, or cutting of vyues.

When

When the Moone and Saturne, are well a quarter of the Zodiake distant, which is. 90. degrees (named of the skillfull a quadrat aspect) thus comonly marked, ☐ then is denied utterly to deale in such matters.

The Moone being sixe signes distant fro Saturne, so that she occupieth the like degree in Taurus, as Saturne in Scorpio, or y<sup>e</sup> Moone other wise in like degrees of Gemini to Saturne, (right agaynst) in Sagittarie, this aspect together is disallowed of the expert Astronomers: and noted after this maner. ☉

The Moone possessing his full light at those times, is like denied of the skillfull: yea the Moone being neare to that section, named of most Astronomers y<sup>e</sup> Dragons tayle, is in like maner disallowed for sowing of fine seedes, and setting of daintie plants. Here uttering preceptes generall, as we now do.

But the Moone approached nere to that section named the Dragons head: the same time for doing the like is verie wel commended: all things befoze supposed agreeable. But to be brieft, and to knit by other observations, answering to the Moones place especially, lerne these ensuing.

The Moone increasing, and running betwene the. 28. degree of Taurus, and the. xj. degree of the signe Gemini, sow fine seedes, and plant daintie herbes, your earth alsoe prepared, and ayze answerable.

But the Moone founde betwene the. 28. degree of Gemini, and the sixt of Cancer, (although shee increase) yet bestow no daintie seedes in your earth prepared for the purpose.

From the sixt degree of Cancer, vnto the. xix. degree of the same signe (so that the Moone increase) both labour the earth, sow fine seedes, and plant daintie hearbes, herein regarding the condition of the ayze.

From the. 28. degree of the signe Leo, vnto the. xj. degree of virgo, your seedes and plantes of balour, sow and set, the warme ayze and Moone ayding thereto.

From the. xj. degree of virgo, vnto the. xxiiij. degree of the same signe, commit seedes to the earth, and set your daintie plantes, so that the winde then bloweth not from the north, nor the ayze colde.

From the. xxiiij. degree of virgo, vnto the seventh degree of the signe Libra, labour the Garden grounde, and sowe your fine seedes, so that the Moone increase.

From

# The Gardeners Labyrinth.

41

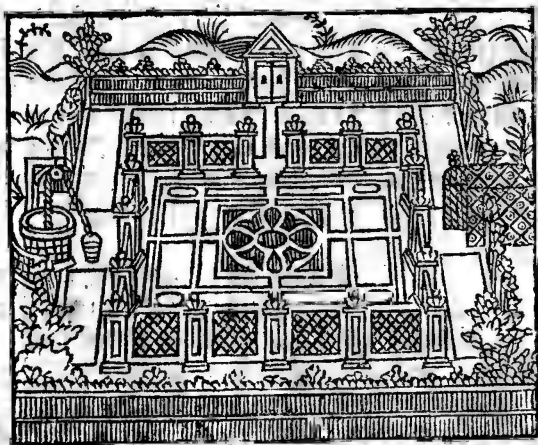
From the seventh degree of *Libra*, vnto the .xix. degree of the same signe (the *Mone* answering thereto) sowe and plant.

From the sixth of *Capricornus*, vnto the .xix. degree of the same signe (both the *Mone* and *Ayze* ayding thereto) sowe your fine seedes and daintie plantes set.

From the .xliij. degree of *Pisces*, vnto the seventh degree of *Aries*, the *Mone* increasing of light, and ayze calme, bestowe your seedes and plantes in the well dressed earth, prepared for the onely purpose.

These precepts of the prudent experinenters, well bozne away of every carefull Gardener, the seedes and plantes no doubt, shall prosper and increase the better.

Certaine instructions more curious to be learned of every skilfull Gardener, in the bestowing of seedes and daintie hearbes in a well dressed earth. Chap. 21.



The learned *Plinie*, worthy of memorie, uttereth a specfall note and rule of the auncient obseruers, to be learned of every carefull Gardener, in the bestowing of seedes: that if he bee occasioned to commit seedes into a moyst earth, or the seedes to be bestowed are of a greate moysture, then shall the Gardener commodiously chouse the ende of the *Moones* decrease or waine, and neare to hir change.

f.

In



In a contrarie manner, the Garden ground of the dyest, or the seedes very dry, then in committing such seedes to the Earth, let the Moone be increasing, and drawing neare to his full.

To the better furthering of the Gardeners traucelles, he oughte afore to consider, that the Garden earth be apte and good, wel turned in wyth dung, at a due tyme of the yere, in the increase of the moone, sice occupying an apte place in the Zodiacke, in agreeable aspect of Saturne, and wel placed in the scite of heauen. All these thus afore handled, learned, and wyth diligence bestowed, procure the plantes the speedier to grow, and wax the bigger, if afore waightie, ful, &c. as before uttered in the nintene Chapter, for otherwise this care and paynes bestowed about the seedes and plantes, nothing auayleth the Gardener.

The yearly Almanackes doe maruellouslie helpe the Gardners in the election of tymes, or sowing, planting, and grafting, but especially in obseruing the Moone, about the bestowing of plantes, as when the Moone increasing, occupieth *Taurus* and *Aquarius*. But if it be for the setting of yong Trees, let the same be done in the lasse quarter of the Moone, the then being in *Taurus*, and in a coniunction with *Venus*, for so these speedier take roote in the Earth. And the Gardener planting in either *Taurus* and *Aquarius*, or *Virgo* and *Pisces*, must as carefullye take heede alwayes, that the Moone bee not euill aspected of *Saturne* and *Mars*.

In the planting also of yong trees, lette the same bee done from the middle of *October*, vnto the myddle of *Marche*. In the sowing of seedes, in a well dyrested earth, lette the Moone runne at those tymes in *Taurus*, *Cancer*, *Virgo*, *Libra* and *Capricornus*.

But thys diligently learne, that the seedes and Plantes increase the better, if anye of these signes shall be ascending in the East angle, and that *Marse* neyther beholdeth the Ascendent, nor the Moone by any aspect, but shall be weakly standing in a weakke place of the figure at that time.

Here myghte manye other rules, as touchyng the particular fauoure and hyndraunce of the Starres bee uttered, but that it is not my intente in thys Chapter to be tedious in words, or darke in sense, for whyche cause, let these few rules contente the Gardener,

who

who by exercising of them, and through an instructor, may inuent o-  
ther rules more particular.

Yet I feare mee, that the common sorte of menne wyll sup-  
pose these rules to extende somewhat about theyr capacitie, whiche  
for scale I beare vnto my countrie, moued mee notwithstanding  
to vtter and putte suche matter into theyr heades, procu-  
ryng them thereby (that where the dayntinesse and value of the  
seedes, and plantes so requyre) to request the counsaile of some skil-  
full, that both maye make playne these preceptes, and instruct them  
in other rules alike, if neede so requireth.

To conclide, the Gardener, muste here suppose all matters on his  
parte to bee fully and duilie firste prepared, and well appointed, and then  
to attende, or diligently take heede to those tymes afore vttered, for  
the working of the Planets and Starres, in the bestowing of seedes &  
tender plants in the earth.

In what space of tyme seedes committed to the Earth, in the  
increase of the Moone, commonly moote vppe and  
appeare aboue grounde.

Chap. 22.

**L**orentinus (a Greeke wyrtter of husbandrye) cunninglye vt-  
tereth, that the naturallesse of the grounde, the clemencie of  
heauen, the fauoure of the weather, and age of the seedes, procureth  
that the seeds being bestowed in the grounde, doe eyther speedyer,  
or later shoute by into plantes. For whyche cause, the dayntie seedes  
committed to the Earth in a fayre and warme daye, the place hotte or  
lying open to the Sunne, and the seedes newe, doe farre speedier shoute  
vppe, than those that beyng sowne in a contrarie season, place, and  
grounde.

All Seedes sowne, doe euermore appeare aboue the Earthe, at  
one certayne tyme in a manner, for whyche cause, the Gardener  
ought to haue regarde vnto the proper tymes answering to the be-  
stowyng of Seedes, and gathering the fruites or yelde of each  
Seedes.

F.ij.

The

The Spinage, Rocket, Basil, and the nauncw seedes, brake and appeare aboute the earth, after the thirde day sowing, if a warme ayre succede.

The Lettuce seedes bestowed in a wel dressed Earth, do brake and appeare aboute grounde, by the fourth day folowing, if the clemencie of ayre, ayd therto, the Counciber & Cytrone seedes, bestowed in y increase of the Moone, and showers of rayn falling the same or y next day folowing, procure them to appeare the fift day after.

The seedes of that sightly Herbe, named the flower Amoure, being sown in the increase of the Moone, and the ayre sauouring : doe brake and appeare aboute the Earth by the seuenth or eyght day folowing.

The seedes of the Herbe Dyll, bestowed in the Earth, in the increase of the Moone, doe (for the more part) appeare by the fourth day folowing.

The seedes of the Garden Cresses, and Mustarde, committed to the Earth in the increase of the Moone, doe commonly appeare aboute the grounde, by the fyfte day after.

The Lecke seedes (bestowed in the ground) in the Sommer time, are scene aboute the Earth by the first day folowing, but in the winter time, in wel dunged Beds, by the tenth day after.

The seedes of the herbe Rocket, committed to the grounde in the increase of the Moone, appeare by the eight day folowing.

The seedes of all the kindes of Colewortes, bestowed in well dressed Beds, are euermore scene by the tenth day folowing, if the colde ayre hyndereth not.

The seedes of the great Leckes, bestowed in well dunged Beddes, appeare many tymes by the nintenth, but oftner by the twentyth day folowing.

The Colyander seedes, bestowed in well trimmed Beds, and in the increase of the Moone, are commonly scene aboute the earth by the, xxb. daye : but the yong plantes later appeare, if the seedes bestowed are newe.

The seedes of the Drganie and Sauerie, bestowed in lyght Earth, and the Moone increasing, do appeare aboute the grounde by the thirtie day folowing.

The

The Parsley seedes, committed to the Earth, and in the increase of the Moone, do commonly breake and appeare about ground, by the 21. day following, although they are not many times sene before the fiftie day.

Thus haue I briefly vttered, a true and pleasant instruction, both for the age of seedes, and skill of the Gardener in the sowing of them. For as I haue aboue sayd, the Lecke, the Cucumber, and Cytrone seedes, doe speedier come vp, bring newe seedes: in a contrarie maner, the seedes of the Parsley, Beetes, Spynage, Cresses, Sauerie, Organy, Penneroyal, and Colyander, the elder that these are (before the bestowing in the Earth) the speedier the seedes breake, and appeare about ground.

The seedes in like maner of the Cucumber, steeped in milke or luke warme water for a night, and committed to the Earth, vnder a warme ayre, do farre speedier breake, and appeare about ground. The like may the Gardener conceiue, to be done with the seedes of the Artichock, and many other hearbes, of which, I haue particularly be vttered, in the proper places hereafter.

The third monethes sowing, or rather in May, to such dwelling far North, and where snow lyeth long, there (this bestowing of seedes) better agreeth, especially, where the qualitie of Sommer is knownen to be moyst.

But in other Countries (this like) by a seldome happe answereth, seedes thre monethes old, committed to the earth, in the harvest time, wyll better agree, being done in hotte Countreyes, the Moone herein considered.

The Gardener in hys well trymmed Earth (the tyme ayding) may commit to the ground, all worthy and excellent kinde of seedes, plantes, flippes, kernels and suche like: but these for a tryal, bestow in the Beds of your Garden.

So that in any newe kindes of seedes, not assayed or proued before, the Gardener maye not throughly hope, that these will prosper in hys ground.

The seedes committed to the Earth, in moyst places, doe speedier growe vp (the Moone helping) thā bestowed in drie ground: For whiche cause, election vsed in the sowing of good & ful seedes (in either ground)

much away leth.

The Seedes or settes bestowed in shadowie places, although the Earth be well laboured befoze, doe rarely or very seldome prosper, and yeeld their floure.

The plantes growen to their floure, maye at that tyme (after the minde of the Napolitane Palladius Rutilius) be little or nothing handled, for doubt of corrupting their floure, or the sooner sheading of them.

What care and diligence is required of euery Gardener, in the plucking vp, and cleere weeding away of all vnprofitable herbes, growing among the garden plantes: Chap. 23.

**A**fter the Seedes breyng workemanly bestowed in the Beddes, the Gardeners next care must bee, that he diligently pull vpp, and weede away all hurtfull and vnprofitable herbes, annoying the Garden plantes conuining vp.

But about this exercise in weeding of the beddes, there is a disagreement among the Writers of Husbandrie. For certaine denie that the raking both profit y<sup>e</sup> plantes any thing at all, in y<sup>e</sup> by y<sup>e</sup> Rake the rootes of the Garden plantes are so vncouered, and the plantes with the same felled, and caused to lye flatte on the ground, which, if cold weather insue, are utterly killed w<sup>th</sup> the nipping ayze, for which cause, they better thought of that weeding and cleansing exercise, by pulling vp w<sup>th</sup> the hande, so that the same were done in due order and time.

Pet it pleased manye Husbandmen in tyme past to rake vpp the weedes in beddes, yet not after one maner nor at al times alike but according to the blage of the Countrie, the sood skill and condition of the weather: for whych cause, in what manner soeuer this exercise shall bee taken in hand, that weedyng shall neede or be required in these places, the Gardener shall not attempte or beginne the weeding of beddes with the hande, befoze the plantes well sprung vp, shall seme to couer theyr proper Beddes, and that in this high growth, the plantes shall be mixed and ioyned one to the other, according to the nature and forme in their growth.

In this plucking vp, and purging of the Garden beddes of weedes and stones, the same about the plants ought rather to be exercised w<sup>th</sup> the

the hand, than w<sup>th</sup> any Iron instrument, for feare of feebling the yong plantes, yet small and tender of growth.

And in the weeding with the hande, the Gardener must diligently take heede that he doe not too boysterously loose the Earthe, nor handle muche the plantes in the plucking away of the weedes, but the same purge so tenderly, that the rootes of the yong plantes be not loosd and feebled in the soft earth; for occasion will moue the carefull Gardener to weede daintie Herbes; being yet yong and tender, least grosse weedes in the growing vp with them, may annoy and hinder their increasing, Therefore the yong plantes in some readinesse to bee taken in hande, ought not to be stayd until their strong and bigge growth, but weeded in the meane time for doubt of the inconueniencies aboue vttered. But the common Herbes for the Kitchin the Gardener shall not begin to weede, before they be growen strong in roote, and bigge shot vypp. And this learne, that if the Earth be lose and soft at the time of weeding the dayntie plantes, you may not then lose and pull vypp weedes, but in a soft and tender manner: and yet fine Herbes require at all times to bee weeded, so that shourts of raine haue well softned the earth a daye before.

The walking or treading often about the beddes of the little and tender plantes shooting vp, looseth much the soft Earth about them, yea this so fettereth downe the ground by the help of shourtes of raine falling, that the weedes growing vp in those beddes, are caused the harder to be plucked vp. And sometimes the rootes of the weedes in the plucking vp with the hande are lefte behinde, through thys fastnesse caused of the Earth.

Heere remember, that you neuer take in hande or beginne the weeding of youre beddes, before the Earthe be made soft, through the store of Raine falling a day or two before.

Heere conceiue, that the clipping, plucking away, and pressing downe of sundry Herbes with Tyles or other waightie things, after they bee growen to some greatnesse, is to greate purpose, for somuch as this causeth them to keepe the longer greene, and to yeelde the thicker, fairer, and bigger Couffes, besides the letting of the Herbes, that they growe not vypp line Seede, and to giue with these a pleasanter samour, than the same that alofe they possessed in theyr growth. Simplye,  
as by



As by a like meanes and ordering, both the Lettuce, Cabbedge and Coleworste, may be caused better, and more pleasant of taste, than the leaues simply growing, wythout any such manner of ordering:

In the like condition, doe the Radishe and Paurew rootes grow the sayze, and bigger, if diuerse of the greene leaues (after some growth) be handsonely clipped or broken off.

But of the apt ordering of these two laste, in causing theye rootes to be farre bigger than custumable, and pleasaunter in tast, shal more fully be vttered in their proper Chapters hereafter, in the seconde parte of this treatise.

The commended times for watting of the Garden Beddes, and what manner of water ought necessarilye be vsed to plantes, with the later inuentions of sundrye vessels, aptest for this purpose.

#### Chap. 24.

**T**he Beddes being furnished with seedes in due age of the Moone, requirerh diligence: (if the ayre sufficiently moisteneth not) in the watring of them, least the ground being very drie of the proper nature, may through the dyeth for the lacke of rayn, cause both the seedes and tender plantes shot bppe, to perishe and dye.

For which cause, every Gardener ought carefully to consider the condition and property of the earth of his Garden, whether of it selfe, the same be very moyst, or ouer drie, which two extreames learned, he may with the more diligence, bestowe paynes aboute the watring of the Garden beddes, so often as neede shall requyre.

And for that the seasons in a manner, sufficiently instructe every owner and Gardener, when to water the plantes come vp, it shall not be (of my part) a newe instruction, to vtter vnto them, the dayes and tymes necessarie to water the plantes, seeing the yongest of any discretion, know, that the Beds chiefly require watring after a drought, or when many hotte dayes haue chaunced together, as the like especially commeth to passe in the Sommer time, about the Cosmicke ryling of the Canicular or dog Starre (which with vs commonly happeneth about the seuententh day of July. And this watring of the Beddes ought rather be done (as Plinie witnesseth) in the morning, soon after the

the

the Sunne rising) and at the evening when the sunne possesseth a weake force about the Earth. The reason this Authoure alledgeth of the same, is that by watering at the hote time of the day as at noone, the water then made hote by heate of the Sunne, woulde so burne the yong and tender rootes of the plantes. And in this watering of the beddes, the Gardener must haue a speciall care and regard, that he moisten not the plantes too muche, least cloying them too much with water, they after wax feeble and perissh. The water best commended for watering of the plantes, is the same drawen or gotten out of the Riuer, or other narrow Streame ebbing and flowing, or else sweetely running one way, through the help of Springs falling into it. But if the Gardener bee forced to vse Well water, drawen especially out of a deepe Well, or the water out of some deepe pit, he ought then to lette the same drawen by stand for two or three dayes togither, or at the least for certayne houres in the open aire, to be warmed of the Sunne, least the same being new drawen by, and so watered or sprinkled forth on the beddes both raw and colde, may feeble & kill the tender yong plants coming by.

The age also of the plantes, shall greatly direct the Gardener to know how much and how smallye he ought to moisten them at each time needefull, for the tender yong plantes new come by, require a lesse watering, and the same gently, where the Herbes more growen, well to be plentifully moistened with the water temperate warme. And this water ought gently to be sprinkled forth on the beddes, with a watering potte, and by other meanes, which after shall bee demonstrated, that the rootes of the yong Herbes may alyke drinke in of the water, and not to be cloyed, through the ouer fast, or too muche moisture sprinkled on them, by whiche doing, these the rather retaine the spirite banquishing, procured to passe through the exhalation of the Earthe. For whiche cause, the beddes at one instant shall not fully be watered, but as the Earthe and plantes drinke in, so gently sprinkle forth the water, in feeding the plantes with this moisture, as by a best or nourishing pappe, whiche like handled, shall greatly prosper the tender plantes coming by, where they otherwise, by the hastie downyng with water, are much annoyed, and put in hazard of perishing.

To the water standing in the Sunne, if the owner or Gardener mixt a reasonable quantitie of dung, after bys discretion, this mixture

no doubt will be to great purpose; for as much as the same gently watered or sprinkled abroad, procureth a proper nourishment to the tender plantes and young Herbes comming vp.

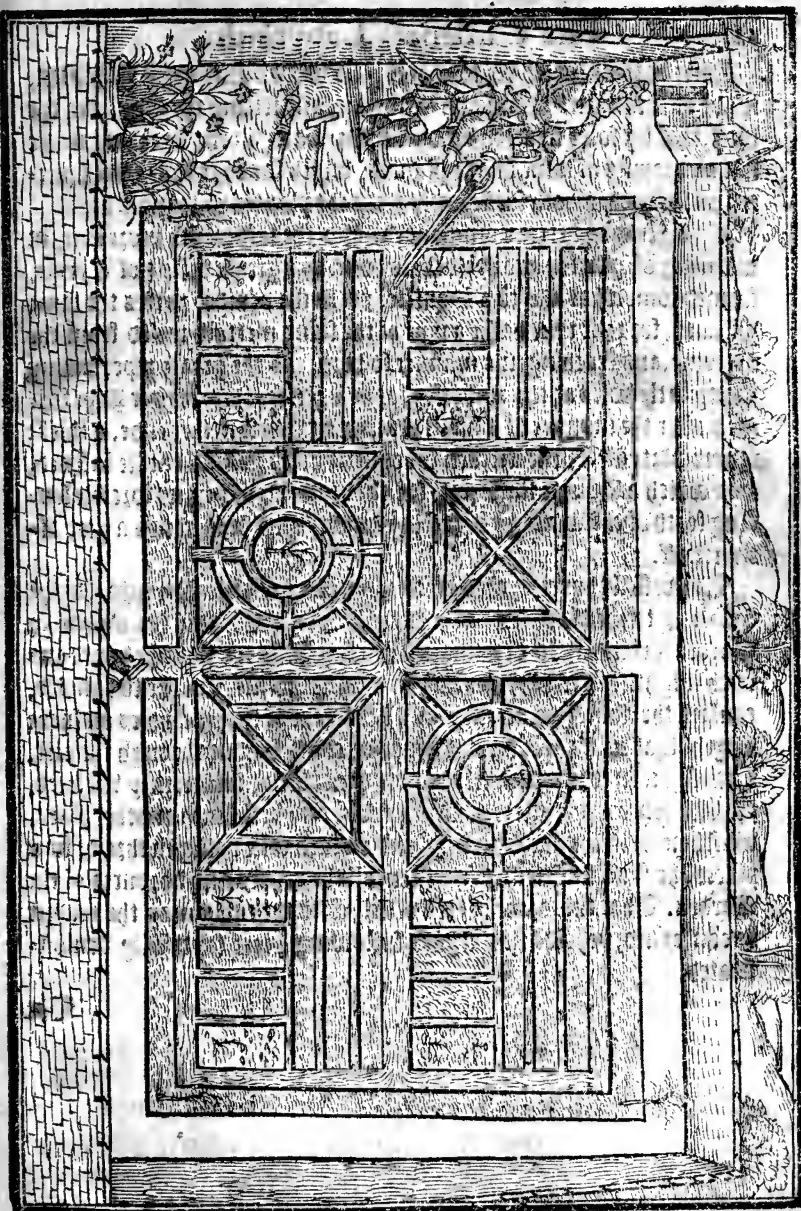
The cold as well as the salt water, is knowen to be enemie unto all kindes of plants, yet *Theophrastus* reporteth, that the salt water is more proper for the watering of certaine plantes, than any other.

The common watering pottle for the Garden beddes with vs, hath a narrow necke, bigge belly, somewhat large bottome, and full of little holes, with a proper hole formed on the head, to take in the water, whiche filled full, and the thornbe layde on the hole to keepe in the aire, may on such wise be carried in handsome manner to those places by a better helpe ayding, in the turning and bearing vprighte of the bottome of this pottle, which needefully require watering.

The watering pot best to bee liked, and handsomest for this turne; both for the finely sprinkling for the, and easie carriage of water in the same from place to place in the Garden, is that much bled in the chiefest Gardens about London, and in diuers partes of Englande now knowne, whose forme is after this manner, the body wholly of Copper, having a bigge bellie and narrow necke, a strong handle of the same mettall workmanly fastned to the bellie and head, to carrie the pottle if neede be to places in the Garden: but for a more easinesse and quicknesse in carriage of the pottle vprighte and full, is another strong ring or handle, fastned attelic to the toppes of the pottle, much like to the Barberers waterpot carried abroad, that firmeth to none other tennes, saving for the easie carriage of the pottle full of water to needfull places: but this other handle especially serveth to sprinkle for the the water by the long pipe full of little holes on the head, that some name a *Pumpe*, whiche reacheth from the bottome, unto the head of the pottle, for the handsomer deliivering forth of the water, the handle in the meane time guiding this long pipe of the pottle, untill all the water be spent.

The Gardener possessing a *Pumpe* in his ground, or fast by, maye with long and narrowe troughes well direct the water unto all beddis of the Garden, by the pathes betwene, in watering sufficientely the rootes of all such Herbes, which require much moisture. But for a playner vnderstanding of this, I haue heere in the Page following demonstated the forme to the eye.

The maner of watering with a Pumpe by troughes in a Garden.



There be some which vse to water their beddes with great Squirtes, made of Tinne, in drawing by the water, and setting the Squirt to the best, that by force squirted vpwarde, the water in the breaking maye fall as droppes of raine on the plantes, which sundrye times like squirted on the beddes, doth sufficiently feede the plantes with moisture.

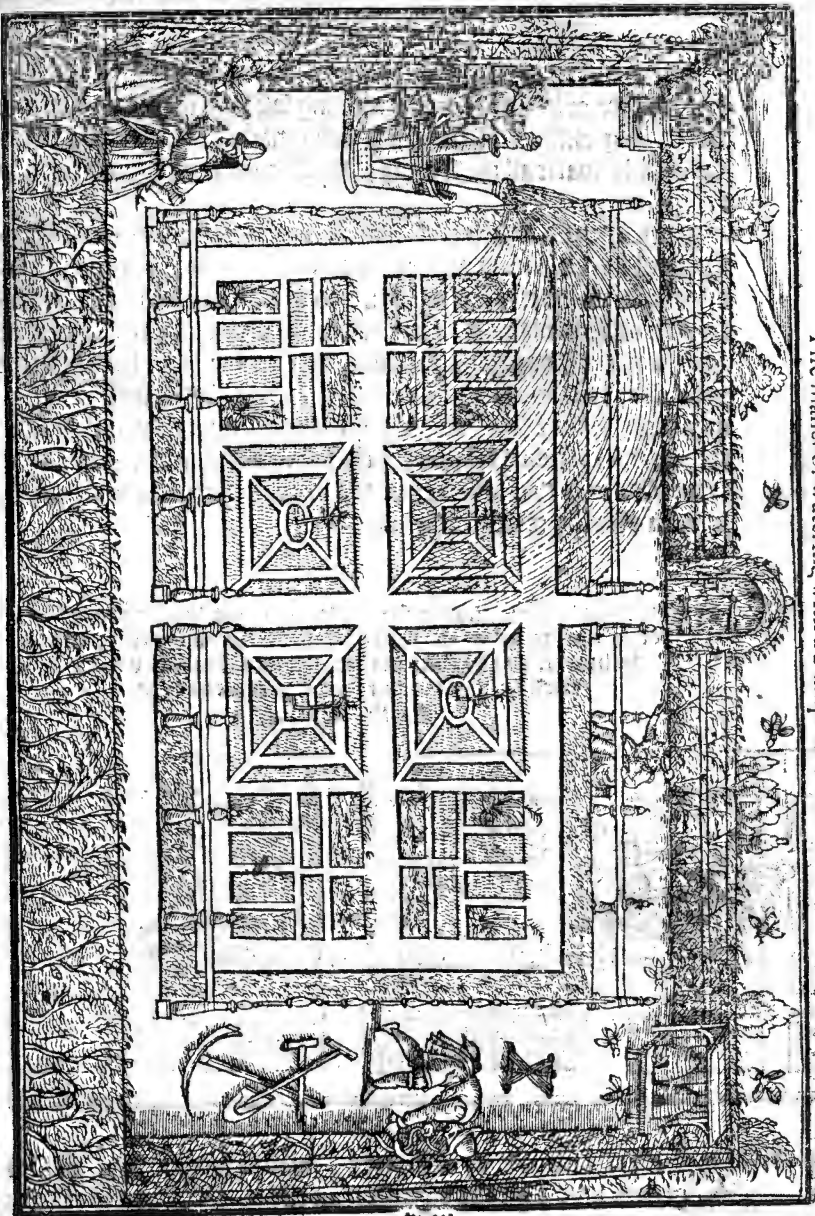
An other way better commended, and the same with more ease, in watering of plantes and Herbes, is done by a greate vessell of Tynne, formed some what like to a Squirte, yet in the deuinded partes the same differeth, for that this hath a pipe of the same mettall raised from the bottome, and reaching in a manner so high, as the greate pipe, hauing many little holes at the imbosled toppe or ende, this bigger Pipe formed after the manner of a small Pumpe, at whose nether ende, a thicke square plate of Tinne stricken ful of little holes, workemanlie fastned, into which a Pumpe stasse put, for the drawing vppe, and forcible sending forth of the water, by thrusting downe with both hands a good distance off.

The vessell thus prepared in a readinesse, must bee sette into a deepe vessell or tubbe of water, in what place of the Garden the owner or Gardener mindeth to beginne in drawing firste the Pumpe vppe, and with mightier strength thrusting it downe againe, whiche so handled, causeth the water to ascende and flee forth of the pipe holes on suche heighth, that in the falling, the droppes come downe through the aire, breaking it in forme of raine, that one place being sufficiently watered, the Gardener may then remoue the tubbe and vessell into another place, which needeth the like watering, and on such wise doing in thre or four places, he shall sufficiently moisten all the beddes and bordures of the Garden. That the forme of this vessell with the tubbe may the readier be conceived, beholde this figure following heere saythfully demonstrated,

The



The manner of watering with a Pumpe in a rubbe.





The owner of Gardener, enjoying a Ponde with water, in his Garden grounde, of a ditch of water running fast by, so that the same bee sweete, may with an instrument of wood (named of most men a skiffe) sufficiently water all the Beddes of the Garden, with great ease and expedition.

Such Plantes which come speediest forwarde, through much moisture bestowed on them, as the Cucumber, Mellone, Gourde, and sundry others, the Gardener may with farre greater ease and tranquile water after this manner, in taking woollen clothes of Lystes, and these like tongs cut sharpe at the one ende, whiche lay to the botome of the pottle, filled with water, the sharpe ende hanging forth, well foure fingers deepe, and the Pottle leaning somewhat forwarde, that these may through the continual dropping, hastily speede the increase of the aboue sayde plantes, so that to eache plante a like pottle prepared be set, which manner of doing, is termed filtring.

At what tyme diuerse plantes sprung vpp, ought to be remoued and set againe, as out of one bedde or boz dure, into another, with the breaking or slipping of sundry fettes from old bodica, which with skil require to be bestowed in the Earth. Chap. 25.



The Husbandman or Gardener, whiche woulde haue plantes growe vnto a greater bignesse than customable, ought to remoue after

after four or five leaues be well come vpp, and set them againe, as out of one bedde bestowed into another, and like from one Bordure into another. Although the owner maye (at all seasons) dispose plantes, at hys will and pleasure, yet is it better commended, that all plantes bee chaunged into other Earth prepared when flowers of rayne haue well moistned and softened the same.

The plantes also remoued, and set agayne into a fatte Earthe well laboured and dyllid, needeth besides, as Columella witneseth, no other amendemente by dung.

The skillful Neapoltane (*Palladius Rutilius*) in his worthy worke of Husbandry reporteth, that when the Gardener hath bestowed sundrye kindes of seedes in one bedde together; whych after the diligent watering bee so rylen, that foure or five leaues of diuerse plantes are sprung about the Earthe, suche then after this Authours consent, maye well bee remoued and set agayne (into beddes workmanly prepared) a certaine distance asunder, being such plantes that (before the setting) require to haue the toppes of the leaues, and endes of the rootes cut off, whereby they may the freelyer grow vppe by oade in Tousse or bigge in roote.

Those kindes of seedes, which after their committing to the Earthe, and diligent watering, neede not, after certaine leaues sprung by, to be remoued, maye the owner or Gardener bestowe (as *Rutilius* witneseth) in the Beddes the thynner, the more herein remembred.

The worthy *Columella* (in instructions of the Garden) wylleth the owner or Gardener, hauing an occasion to pull by plantes, and sette them agayne in Beddes, and that the grounde the same tyme (for the lacke of rayne) bee ouer drye and harde) to moisten and soften well the Earthe a daye before, with water sprinkled forth, by a watering pottle, seruing onlye to that vse.

And certayne of these, whiche require to bee sette a good distance asunder, the worthy *Rutilius* wylleth to clippe off the toppes of the yong leanes, and the endes of the rootes to cutte awaye, before the bestowing agayne in Beddes workmanly prepared, as lyke the Coleworthe, Cabbage, Lettuce, greate Lerke, Panewe, and Rape.

The

agayne, a good distaunce asunder, are the Cucumber, Gourde, Melone, Artichocke, *Nigella Romana*, and sundry other: which thus placed in Beddes artly prepared, may the readier and handsomier be weeded, and cherished by earth digged about, so often as neede shall requyre, whereby the plantes, through helpe of diligent watering, and furtheraunce of the Moone in the setting, are after procured to increase the better, and delectabler to the eye.

The yong settes for the Garden (of pleasant delight and surell) may the owner or Gardener also bestow in Borders at all seasons (although better commended, to bee done in the Spring time) in breaking of the stypps or Braunches of one yeares groweth, from the bodies of olde stocks, and in wything the endes aboute, so to set them a good depth into the Earth, the Moone at that time drawing neare to hir change, and knownen to be vnder the Earth, which much furthereth the settes in the sooner taking of roote.

But the skilfull *Columella* rather willethe to cleave the ende of the Braunche or styppe beneath, into whyche clesie an Ote grayne to bee thrust or put, and in y setting deepe into the grounde, to bestowt Ote graynes rounde about the same, (the Moone then neare to hir change) rather than any dung.

And those yong Herbes, whiche the Gardener myndeth to remoue, neede not (sayeth thys *Columella*) to bee stryked aboute the rootes with any Dung, but rather that the endes of theyr rootes (before the setting agayne) be cutte off, as I aboue uttered.

The Marigolde, Daylie, *Collumbine*, *Primrose*, *Consillipe*, sweete Iohn, Gillyfloures, Carnations, Pinckes, and sundry other delectable floures, are procured to increase the bigger, fayer, and doubler, if the owner or Gardener do often chaunge these into Beddes: workmanly prepared, the Moone at those tymes consydered, to bee increasing of lyghte, and that a diligence bestowed in the often watering.

As touching the pulling vppe of sundry dayntie Herbes of pleasant saour, and that these to be sette agayne in Beddes (orderly prepared) after the course of the Moone, with a care and diligence to bee bestowed particularly on moste plantes of the Garden, shall at large be uttered in the seconde parte of thys treatise, where the purpose to intreate of many laudable and weighty matters besydes.

The plantes (which after certaine leaues spring byppe) neede not to bee reimoued into other Beddes, are the Spynage, Arache, Dyll, Sporage, Sozrell, Cheruile, Parsely, and dyuerse other of like sorte.

The laudable instructions of the wise, in the gathering and preserving of the greater number of Kitchen Herbes and rootes, with the times aptest, for the like doing by at floures, vaine Herbes, and rootes, to the vse of physicke.

Chap. 26.

**T**he best and worthiest rootes of Hearbes, are for the moze parte, to be gathered in apt places when the leaues are beginning to fall off, and the fruites or seedes already shedde, so that the season be sayre, for done in a raynie time, the rootes be caused the weaker, and filled wpyth rude moysture.

The floures in like manner are to be gathered, as the Borage, Buglosse, and al others of like sorte, when they be wholly opened, and before they feble, except the floures of the Rose, and Iacempe, whyche ought to be gathered for the better and longer keeping, before they be much or rather but little opened.

The leaues and whole Herbes are to be gathered, whē these be come to their full growth and perfection.

The fruites, as the Melone, Cucumber, Cytrone, and Gourde, when these appeare ycalowre; and be come to their perfect growth and perfection.

The seedes in like condition are to be gathered, when they be well ripened, and before y seedes shed on y earth, but those which remain after the Herbes through dyed, ought to be rubbed furth with the hands, and kept, vnto the time of sowing.

Here remembryng that the seedes ought to be gathered in a cleare season, and in the wayne of the Mone.

And this for a general rule obserue, that al those to be gathered, as the Hearbes, floures, rootes, fruites, and seedes, are to be done in a sayre and drye season, and in the decrease of the Mone.

The Hearbes which the owner mindeth to preserve, are afore to be cleane picked and clensed, and dyed in the shadowe, being a place open

pen towards the South; not moyste and free from smoake and dust.

These after are to be put in leather Bags, rather than into Canuase; the mouthes at the hanging vpper faste tyed, and into wooden Boxes of the Boxe tree, to the ende the Hearbes maye not lose theyr proper vertue, as wee see those persons to doe, whiche preferue daintie Hearbes for the winter time. So that the Potecaries in my opinion are verye negligent, which hang vpper the Physicke Hearbes in their open shoppes and warehouses, through whiche, the vertue of these not onely breath away, but the bags charged and clagged with duste, Copwebs, dung of flies, and much other filth.

The floures oughte not to bee dyed in the sunne, nor in that shadowe caused by the Sunne at Noone, nor in no Chamber or hygge place aboute, for asmuch as these, through theyr softnesse and tendernes doe lightly of lyke occasion, breath away theyr proper vertue, but especially through the sharpe heate of the sunne, and heate of the ayre, onlesse it be our Rose of y Garden, which to be preserved for a long time, requireth to bee dyed in a high place standing open to the Sunne at Noone, or that the Sunne beames enter vnto, and yet touche not the Rose leaues.

The better way for drying floures, is to lay them in a temperate & darke place, free from moysture, smoke and dust, and to stirre them too & fro, that these in the drying corrupt not, and to be either close kepte in bagges, or continually covered ouer wel, that these in the meane tyme lose not their colour, nor naturall sauer.

After being well dyed, these ought to be close stopp'd in a glazed earthen vessel.

The fyner Seedes are to bee preserved in leather bagges, or in earthen vessels, hauing very narrowe mouthes, or else in Glasse bottles, or galle glasse very well stopp'd.

But the Seedes of the Dypsins, Chybolles, and Deekes, as also of the Poppie, are to be preserved in theyr Huskes and heades.

For the preserving of rootes, the owner ought to learne and exercise two meanes, the one for keeping the freshe, and the other for the sound rootes, as the Pauiw, Radish, Carrotte, and others of like sorte, and for to preserve them drye.

The waye and meanes to keepe or preserve rootes freshe, is to burye them in a Sellar, in eyther Grauell or Sande, well turned vppon them, or in a Garden grounde reasonably deepe digged, even so deepe as the Gardener doth for the Radishe and Rautome in the Earth, to enioye the commoditie of them for the greater parte of the wynter; To preserve rootes drye, the owner or Gardener, after the plucking of rootes out of the Earth ought to washe them verie cleane, with Cundaife or spring water, after to cut away all the small and beerie rootes, whiche done, to drye them in a shadowie place free from the beames of the Sunne, as becyng somewhat darke, if so bee these are slender & thynne of rynde, as bee the rootes of the Fennel, Succorie, Parselye, Endyue, Borage, Buglosse, Sperage, and sundry others like, but if the rootes be thicke of rynde, of a grosse essence and bigge, then may the owner lay them to drye in the Sunne at Rone daye, as the roote of Gentiane, the Earth Apple, Bzionic, Raponticke, Aristolochia, or any others like.

After that these be well dyed, and lyke prepared, ought the owner to hang them vp in some Garrete or open roome a high, being fastened drye through the suns daily syphing on the place at noone, or open to the North, where nothing damaged by smoke, nor duste, nor that the Sunne beames may harne in any maner, even as that auncient and singular Physitian Hippocrates instructeth, who wylleth the Hearbes, floures, and rootes, so well freshe as drye, not to bee bestowed, in anye manner, in an open place, to bee dyed of the wynde, but rather close stopped, in Glasses, Earthen pottes, and square Bores of woode, to the ende, that these lose not their vertue, which otherwise they might soone doe, by lying open to the wynde.

All the fielde plantes, floures and rootes, are stronger in nature, but in substance inferioure to the Garden plants, &c.

Among the wyldre plantes, those growing on the mountaines or high Hills, do excel the other in propertie.

Among all plantes, those also are of a stronger nature whiche shall bee of a liuelier colour better taste and sauour.

The force besides of plants, doe indure (for the moze parte) vnto two or three yeares.

The force besides of plants, doe indure (for the moze parte) vnto two or three yeares.



The Herbes which a man would vse for the Kitchin, ought rather be gathered with a knife, somewhat aboue the Earth, when these are shot vpp vnto theyr perfit growth, as the Beetes, Succorie, Trache, Borage, Marigold, Coleworste, Endyue, Clarie, Rocket, Basil, Marioram, Lettuce, Parsely, Mercury, and many others.

When the owner mindeth to vse certaine Herbes, hott of qualite, hee ought to gather them for the more parte, rather freshe, than drie, but if hys intente bee, rather to heate lesser, than seeing the moysture of the greene, doth much mytigate the heate consistig in it, for that cause is he willed rather to gather the hearbes for Physicke, before they begyn to alter their colour.

This for a generall rule note, that all floures, hearbes, and rootes, ought carefully be gathered in a drye sayre season, and not in cloude, misty, nor rayny weather. The rootes besides ar not to be gathered, but after the fall of the leaues, and these especially from the middle of September, vnto the beginning of the moneth of Nouember. But floures are chiefly to bee gathered from the middle of the month of May vnto the beginning of July, and after.

And for the fruites of sundry Herbes, these properly are to be gathered, according to the diuersitie of the Herbes.

The worst remedies and secretes anapling against Snaptes, cankerwormes, the long bodied Mothes, Garden Ases, and earth wormes, bite and gnaw, as wel the potte hearbes, as trees and fruites.

Chap. 27.

There is none so dul of eyesight (as I beleue) whiche not throughtly perceiueth and seeth, howe that the Garden riches bee diuerslye annoyed and harmed by diuerse creeping wormes and beastes, as wel aboue, as vnder the Earth, and that through the same occasion, often procured to feeble and waste, and unlesse speedie remedies shall be exercised, that these in the ende do fall downe and perish.

For the Pestilent compaignie of these increase and are seene many tymes to bee so manye, or greate in number, that by no deuised meanes, neyther by fyre, nor Iron ingine (from the Garden groundes or fields) in which these once shal be lodged or abiding, can  
either

rather be drinen away or destroyed; therefore I shall doe herein a most gratefull matter (as I suppose) both to Husbandmen and Gardeners; if against this pestiferous annoyances and destruction, I shall utter and teach those worthy remedies, that both the aunciente and later men by great skill inuented and noted in their learned workes.

From words to come vnto the matter I thinke it time to intreate, and first that singular *Africanus* among the Greeke writers of Husbandrie reporteth, that Garden plantes and rootes may well be purged and ridde of the harmefull wormes, if their dennes or deepe holes bee smoked, the winde ayding with the dung of the Cowe or Dre burned.

That worthy *Plinie* in his Booke of histories writeth, that if the owner of Gardener sprinckleth y<sup>e</sup> pure mother of the Dyle *Plinie* without any salte in it, doth also drine the wormes away, & defend y<sup>e</sup> plants and Herbes from being after gnawen of them. And if they shall cleane to the rootes of the plantes, through malice or breeding of the dung, yet this werdrth them cleane away. The Plants or Herbes will not after be gnawen or harmed by Garden fleas, if with the naturall remedie, as with the Herbe Rocket, the Gardener shall bestowe his beddes in many places.

The Colewortes and all pot Herbes are greatly defended from the gnawing of the Garden fleas, by the Radish growing among them. And the worthy *Anatolius* in his Greeke instructions of Husbandrie affirmeth the like, so that some bitter fitches bee also bestowed with the Radish in beddes. And this Seede committed in beddes with the Radish and Rape, doth greatly auayle, as the auncient witnessse of experience. The rage or sharp binegre doth also preuayle, tempered with the Juice of Henbane, and sprinkled on those Garden fleas. To these, the water in whiche the Herbe *Nigella Romana* shall bee stieped for a night, and sprinkled on the plantes, as the Greeke *Pamphilus* reporteth, doth like preuaille against the Garden fleas.

If from other creeping things the Gardener would defend y<sup>e</sup> Seedes committed to the Earth, from being gnawen or harmed, let him stiepe those Seedes for a night (as I afore vttered) before the sowing in the Juice of the Sengrene or Housckeeke, which Seedes also the Gardener shall preserve bgnawen, if hee bestowe of them in the Melt of that Snayle, which I suppose to bee the same, named the Tortoise, as the

former Authour: *Anathlius* writteth, in whiche place I may not omit (e the same practise of the skillfull *Paladius Rutilius*, who reporteth, that the noysome verminie or creeping thyngs will not breede of the Pot-herbes, if the Gardener shall before the committing to the Earthe, dype all the Seedes in the skynne of the Torturse, or sowe the Herbe Winte in many places of the Garden, especially among Colewortes. The bitter Fitch and Rocket (as I afore vttered) bestowed among the Pot Herbes, so that the Seedes be sown in the first quarter of the Moone, doe greatly auail: As vnto the Canker and Palmier wormes belongeth, which in many places worke great iniurie both to Gardens and Vines, may the owner or Gardener driue away with the Figge tree ashes sprinkled on them and the Herbes. There be some, whiche sprinkle the planties and Herbes with the Lye made of the Figge Tree ashes, but to destroy these Wormes, to firewe (as experience reporteth) the ashes alone on them. There be vtheres which rather will to plant or sow that bigge Danyon, named in Latine *scilla* or *sqilla* heere and there in beddes, or hang them in sundry places of the Garden.

Others also will, to fire riuer Cruisses with nayles in many places of the Garden, which if they shall yet withstand or contend wyth all these remedies, then may the gardener apply or exercise this deuice, in taking the Ore or Cowe Urine, and the mother of Dyle Olie, which after the wel mixing together, and heating ouer the fire the same be stirred about vntill it be hote; and when through colde this mixture shall be sprinkled on the Pot Herbes and Trees, dothe maruellously preuaile, as the skillfull *Anatholius* of experience reporteth.

The singular *Plinie* in his practises vttereth, that those harmefull Wormes, touched with bloudy rodde, are likewise driuen away.

The worthy *Paladius Rutilius* reporteth, that if the owner or Gardener burne greate bundels of the Barlike blades without heads dyped thzough all the Alleys of the Garden, & vnto these the dung of Backes added, that the sauour of the smoke (by the help of the winde) may bee driuen to many places, especially to those where they most abound and swarme, and the Gardener shall see so speedie a destruction, as is to bee wondered at.

That worthy *Plinie* of great knowledge reporteth, that these maye  
be

be dyuen from the Pot Hearbes, If the bitter Fitcher Seedes be mixed and sown together with them, or to the bratches of Trees. Creuisses hanged by by the hoines in many places, doth like pynaple. These also are letted from encreasing, yea they in heapes presently gathered, are destroyed, as the Greckes report of obseruation. If the Gardener by taking certayne Palmer or Canker Wormes out of the Garden next morning, shall seeth them in water with Dill, and the same being thorough colde, shall sprinckle on the Hearbes or trees, that the mixture may wet and soke throught the Peastes, euen unto the yong ones, cleauing together, that they may fall thereof, will speedily dispatche them. But in this doing, the Gardener must be very warie, and haue an attentive eye, that none of the mixture fall on his face nor hands. Besides these, the owner or Gardener may vse this remedie certayne, and easily prepared, if aboute the bigge armes of Trees, or stemmes of the Hearbes, he kinde and burne the stronger Lime and Brimstone together. Or if the owner make a smoke with the Murtheromes growing vnder the Nutte tree, or burne the houses of Gotes, or the gumme *Sal-Banum*, or else make a smoke with the Hartes horne, the winde aiding, by blowing towards them.

There bee also some, which infuse the Lime ashes in water for thre dayes, with whiche they after sprinckle abundantly, both the Herbes and Trees. Many besides make soft the Seedes, steeped before theyr committing to the Earth, in the Lye made of the pygge ashes.

The Husbandmen and Gardeners in our time, haue found out this easie practise, being now common every where, which is on this wise, that when these, after Moones of Mayne are croopen into the warme Sunne, or into places standing against the Sunne, may earely in the morning shake off the frutes and leaues of the Pot Hearbes, or the boughes of the trees, for these as yet stiffe through the colde of the night, are produced of the same the lightyer and sooner to fall, nor able after to recouer by againe, so that the Palmer Wormes thus lying on the ground, are then in a readinesse to the killing of the Gardener.

If the owner minde to destroy anye other creeping thyngs noyous to Hearbes and Trees (whyche Palladius and Ruellius name) both Herbe and Treee wasters, then lette hym harken to this inuention & deuise of y<sup>e</sup> Greeke Dyophanes, who willeth to purchase y<sup>e</sup> Harve of a  
Weather

Whether Sheepe newe killed, and the same as yet full of his excrementall filth, which lightly couer with earthe in the same place, where these most haunt in the Garden: for after two dayes, shal the Gardener finde there, that y<sup>e</sup> Mothes with long bodyes, and other creeping things will bee gathered in diuers companies to the place right ouer it, whiche the owner shall eyther remoue and carrie further, or digge and burie verie deepe in the same place, that they may not after arise or come forth, whiche when the Gardener shall haue exercised the same but twice or thrice, hee shall bitterly extinguishe, and quite destroy all the kindes of creeping things that annoy and spoyle the Garden plantes. The Husbandman in flanders, arme the stockes, and compasse the bigger armes of their trees with wispes of Strawe handsomly made and fastned or bound about, by whiche the Palmer wormes are constrained to creepe vp to the toppes of the trees, & there slayed, so that as it were by snares and engines layde, these in the ende are eyther dzien away, or thus in their way begunne, are speedily or soone after procured to turne backe againe. As vnto the remedies of the Snaples particularly belongeth, these may the Gardener likewise chase from the Kitchen Herbes, if hee eyther sprinkle the newe mother of the Dyle Oline, or Swoote of the Chimney on the Herbes, as if he bestowed the bitter sitche in beddes among them, whiche also auaileth againste other noysome wormes and creeping things, as I afore vttered. That if the Gardener woulde possessesse a greene and delectable Garden, let him then sprinkle diligentlye all the quarters, beddes, and bordures of the Garden, with the mixture of water, and powder of fenny Breke tempered together, or set byright in the middle of the Garden, the whole bare head without fleshe of the buchast Alse, as I afore wrote.

That worthy man Iulius Fronto repositoryeth, that all Kitchen Herbes may greatly be holpen, if among them the herbe Rocket shall eyther be sowne or planted. But an intollerable iniurie shall bee wrought to the Husbandly Gardener, if the Goose dung dissolved in brine, be sprinkled on the Kitchen Herbes, as these worthy writers, Democritus, Fronto, and Damageron in their chosen precepts of the Greeke Husbandry, haue left noted to our age.

The



The full inuentions and helpes againste the Garden Moles,  
Antes, Gnattes, Flies, and Frogges, euerting, harming  
and wasting as well bitchin Hearbes, as Trees  
and fruites. Chap. 28.

**I**f asmuch as the Moles in manye places of Garden groundes,  
through their casting vp and hollowing of the same, the Seedes a-  
foze bestowed in beddes they on such wise vncouer, and the plantes in  
like manner turne vp, and vnbare of earth, to the great griefe and paine  
of the carefull Gardeners, in dayly reuuing and repairing of their for-  
mer laboures, for that cause hathe her iust occasion to trauell and busse  
himselle, in searching out, and deuising by all skilfull meanes, in what  
maner he may surest and best preuaile againste this harmefull blynde  
beast. And that I maye doe a most gratefull matter to all Gardeners  
in the same, I will heere vtter all such singular practises, that eyther the  
worthy Greekes or Latines haue vttered and noted to be auaylable a-  
gainst them.

First the skilfull *Paxanus* hathe left in writing, that if the Gardener  
shall make hollow a bigge Putte, or boze a hollow hole into some sound  
piece of wodde being narrow, in filling the one or the other with Ro-  
sine, Bitche, Chaffe, and Brimston, of eache so muche as shall suffice to  
the filling of the Putte, or hollow hole in the wodde, whiche thus pre-  
pared in a readynesse, stoppe euery where with diligence, all the goings  
forth, and breathing holes of the Mole, that by those the fume or smoke  
in no manner may issue out, yet so handle the matter, that one mouth  
and hole be onely left open, and the same so large, that well the Putte  
or vessel kindled within, may be layd within the mouth of it, whereby  
it may take the winde of the one side, which may so sende in the sauoure  
both of the Rosin and Brimston into the hollowe tombe, or resting  
place of the Mole: by the same practise so workemanly handled, in fil-  
ling the holes with the smoke, shall the owner or Gardener eyther drie  
quite away all h<sup>e</sup> Moles in that ground, or find them in short time dead.

There be some which take the white Pelewort, or the rinde of *Cy-  
nocrambes* beaten and sarced, and with the Barlie Meale and Egges  
finely tempered together, they make both Cakes and Pasties wroughte  
with Wine and Milke, and those they lay within the Moles denne or  
hole.

Albertus of worthy memorie reporteth, that if the owner



or Gardener closeth or diligently stoppeth the mouthes of the Hole holes with the Barlike, Dnyon, or Lecke, shall eyther dzyue the Moles away, or kill them, through the strong sauour, striking or breathing into them. Many there be, which to dzyue away these harmefull Moles, do bying vp yong Cattis in their Garden ground, and make tame Weasels, to the ende that eyther of these, through the hunting after them, may so dzyue away this pestiferous annoyauce, being taught to watch at their straight passages and mouthes of the holes comming forth. Others there be also, which diligently fill & stop by their holes with the red Okere or Ruddell, and iuice of the wilde Cucumber, or sowe the Seedes of *Palma Christi*, bring a kinde of *Satyriion* in beddes, thorough which they will not after cast vp, nor tarrie thereabout. But some exercise this easie practise, in taking a liue Mole, and burning y powder of Brimston about him, being in a deepe Earthen pottle, through whych he is procured to erie, all others in the meane time as they repozte, are moued to resozt thither. There are some besides, whiche lay like snares at the mouth of their holes. To the simple Husbandmen may thys easie practise of no cost suffice, in setting downe into the Earthe a stiffe rodde or greene bzaunch of the Elder tree. The worthy Plinie whych hath left to memorie skilful practises. repozteth, that the mother of the Dyle Oliue alone, sprinkled on the heape of Wisnires or Antes, killeth them. This Authoure also wryteth, that the Wisnires are wicked annoyers to trees, which the Gardener or Husbandman sayeth hee, maye force to forlake and leaue, if he bestrike the neather partes of the Trees round aboute with the powder of the Ruddell, and Liquide pitche or Tarre, mired together, and hang also by the place the fy the named of the worthy *Rutilius* after the Greeke Writers Husbandrie *Coracinum*, and of *Ruellius Graculum*, for on suche wise handled, they will resozte and gather all into one place, whereby the Husbandly Gardener maye the speedelyer destroy them. Others there be, which with the powder of the Luppines and Dyle Oliue tempered together, doe bestrike the lower partes of Trees and plantes, for the letting of them in creeeping by. Many kill them as I aboze bettered, with the only mother of the Dyle Oliue. The skilfull Neapolitane *Rutilius* repozteth, that if the greate company of Wisnires or Antes haue deepe holes in the Garden ground, those may the owner chase away, or kill in the ground, by stopping the mouthes

mouthes of the holes, with the heart of y<sup>e</sup> Owle. If they creepe abroad, then sift all the Alleys where these runne with bright Ashes, or else score the grounde thicke together with the redde Okare or white Chalke, or make long strikes with Dyle on the Earthe. Further hee writteth, that the Husbandly Gardener may drine away Bismires, if on the mouthes of their holes hee sprinckle the powder of Organy and Brimston beaten together, or burne the emptie Shelles of Snayles, and with the ashes of the same, stoppe abundantly the mouthes of their dennes and holes. In which deuise, this Rutilius omitted the Storax that of Paxanius the Greeke, out of whome hee borrowed this conclusion added. The wordes of Paxanius be on this wise: If the owner sayeth he, shall burne certaine Antes or Emots in the middle of the Garden, the others of the saunour will creepe away. To these, if about the mouthes of the Emots holes the carefull Gardener shall lineare the grosser Turpentine, the Emots or Antes will not after come forth, and these he may expell or drine away from their proper resting place, or dwelling together, if the Shellie coverings of Snayles, burned with Storax Calamita, and beaten to powder, or the ashes sifted, hee shall after sprinckle on the heape of the Bismires. And the owner shall thzoughly destroy the Antes, if he sprinckle on them the iuice of Cyrenaicum dissolued and well mixed in Dyle. This Authoure further reporteth, that the Emots will not creepe on the plantes nor trees, if the Husbandly Gardener shall diligently sprinckle the bodyes and stemmes of them, wyth the powder of the bitter Lupines and mother of Dyle, well mixed or boyled together. The selfe same matter shall the Gardener performe, if hee compas their holes with white and cleere Aloile or Bombaste, or that he marke on the ground long strikes, or forme round circles, with white Chalke, or red Okare, all those wayes especially that these most often haunt, or compas their holes with Organy as I alsoe uttered: for by y<sup>e</sup> like doing as he affirmeth, the Emots after will not only leane y<sup>e</sup> creeeping by on y<sup>e</sup> plants, but refuse also to ascend ouer y<sup>e</sup> rings made wyth white Chalke about y<sup>e</sup> bodies of Trees. There be others which report, that the Emotes will not creepe to that hony pot set on the ground, about which the like circles with Chalke or red Okare shall be sourned, yea though the same were left vnconered, yet is it known to many, y<sup>e</sup> the Antes are maruellous desirous of hony, and other swete thyngs.

The skillfull Neapolitane *Rutilius* willetch, that the diligent Husbandman annoint or bestrike the stemmes of plants, and the bodyes of Trees, with the redde Okare, Butter, and liquid Pitcher mixed well together. There bee certaine of the Greeke Writers of Husbandrie, which will the thicke Puie Garlandes to bee bound about the bodyes of Trees and Vines, that by the same skillfull denise, the Antes lodging vnder the shadowe of these, as then pledges they slay and kill.

There be many whiche reporte, that the like may be wroughte and done with the Bulles gaule, mother of Oyle, and Liquide Pitcher, smeared about the bodyes of Trees. The singular *Plinie* reporteth, that the Sea mudde or Ashes, stopped diligētlye into their holes, is a most sure remedy against the Emotes, so that the places be not moist or waterie. But with the surest practise and remedie of all, are the Pilemires killed with the Herbe *Heliotropium*. Some suppose, that the water in which the crude Tile shall bee infused for a time, to be enemie to them. The Gardiner may driue away Gnattes, if he sprinkle on the beds & plantes, the decoction of *Organie* in vineger, as that skillful *Democritus* in his Husbandrie hath noted. To these the owner may sprinkle on the Plants, the infusion of Rue in water, or ble the decoction of the herbe Fleabane, or else make a smoke either with *Brimstone*, or *Cummyne*, or the dyre Dre dung, or the gumme *Bdellium*. The learned *Plinie* uttereth, that the Gardiner may driue these away with the smoke of *Galbanum* burned, and that worthe Neapolitane *Rutilius*, of experience affirmeth, that if the owner eyther sprinkle the newe mother of oyle, or scoote of the chimney on the plantes, it likewise drineth the away. That skillfull Greke *Berytius* hath left in writing, how that the Gardener maye driue the Flies farre off with this fearefull device, if mixing the pouders of the Helleboe or Peeswort, and *Oypiment* with milke, the same be sprinkled on the plantes and place where the Flies most haūt, it either hastily drineth them away, or kills them soone after. The selfe same will the common Alume, beaten with *Organie*, and tempered with Mylke preuaile agaynst the Flies: for what plantes and herbes shall be sprinkled with this mixture will not after be resorted vnto nor touched of flies. The Bayberries wyth the blacke Peesworthe beaten together, and infusing it in milke or water and Honey myxed, doth like prosyre: for this mixture sprinkled on the plantes, and places

places where the flies mosse haunt, doth after, as it were by a poyson, hastily kill the flies, or otherwise force them to flye speedily away neuer to returne.

As touching remedies against the frogges, whiche in the sommer nights are wonte to be disquieters to the wteried husbandmen (through their dayly labour, by chyrping and loude noyse making, let the husbandman exercise this helpe and secrete, borrowed of the skilful Greeke *Africanus*, which is on this wise: Set on some bancke (saith he) a Lanterne lighted, or other bright light before them, or on some tree (fast by) so hang a light, that by the brightnesse of the same light it may so shine upon them, as if it were the Sunne, which handled on thys wyse, will after cause the to leaue their chirping and loude noyse making: A practise tryed by many of later yeares.

The skilful Greeke *Beritius* reporteth, that if the husbandman buie in some Bancker fast by, the gaulle of a Goate, the frogs wyl, not afterward gather to that place.

The rare practises and secrets, both of the auncient, and later wryters of Husbandrie, against Serpents of the Garden, and any others benemyng aswe: men as the Bitchin Hearbes, trees, and frutes. Chap. 29.

**L**orentius (a singular and diligent interpreter of the matters of the fielde) wrote, that serpentes in the Garden grounde or elsewhere, wil not lodge or abide, if the owner sow or plant in bordures about, or in apt corners of the Garden, eyther the wormwoode, Mugworste, or Southernwood, which if these shall some where happen to haunte, then may the Gardener (as he writeth) driue them incontinent furth of the ground, if he make a smoake either with the Lylie rootes, Harts horne, or Goates houes.

The skilful *Ruilius* uttereth, that all Serpents bee forced out of y ground, by euery sowre saour, and stinking smoake, flying abroad w the winde.

The learned *Democritus* affirmeth, that the serpentes assuredlye do dye, if the Gardener straw or throw Oken leaues on the, or if any spiteth fasting into their mouth gaping or wide open.

The well practised *Apuleius* writeth, that these stricken but once with

with a tough reede or willowe rodde, are mightily assonted, but gining them many strokes, do recover a war strong again. Tarentinus (a skilful writer of y<sup>e</sup> Greke Husbandrie) denieth, y<sup>e</sup> any can be harmed of a serpent, if the person afoze be annoynted with the iuyce of the Radish, or that hee hath eaten of the Radish, which matter (Athenens and Galen, with many other worthy Authours) ascribe to the Drenge or Lemon, and they confirme the same, with a pleasant Historie.

The former Florentinus uttereth, an other singular practise against serpents of the Garden, to be wrought after thys maner: Lay (saith he) the fatte of the Harte in the Garden Earth, or else burie the Centozie roote, or the Goate stone, or else the Eagle, or Kytes dung, and the serpentes wil refuse the grounde (or at least) not come neare the place, and euery venemous woorme wilbe duien away, if the Gardener by taking (Nigella, Pelitorie, Galbanum, of the Hartes horne, Hylope, Bizimstone, Peucedanum, and the Goates houses, shall diligently bring these to ponder, and insuing the whole for a time in the strongest vinegar, shall after make little balles of the myxture, with which thzough dried cause a sauoure and a smoke. For through the sauour of these matters sparsed in the Ayre, all creeping vermine wil eyther hastily (for the great feare) forsake the ground, or dye there incontinent. The same Authoure Florentinus, reporteth, that the serpents may like be gathered on an heape, into an olde deepe powdering Tubbe, as fish into a wele or bowonette, if the same bee deepe set about that place of the Garden or feld, where these most lurke and haunte: for after the speedie resorting of these to the byncke of it, they fall willingly in, not able after to recover themselves out, Plinie writing of the withye named *Siler*, reporteth this, that the serpents refuse, both the tree and fruite, for whiche cause, the husband men made them stauces of the woode to carrie about with them. But this by a most certaine experience or trial, proued and confirmed, that by making a smoke with old shoes burned, the serpents incontinent sped away, nor these only fflye out of the Garden ground, fiede, or house, but suche as are entered into men, by dead sleape in the sommer, in sleeping open mouthed, or with open mouth, in the fiede, do like come forth with the sayd smoke. Which matter (Marcus Gatinaria a famous phisitian) confirmeth, who reporteth that the like hapned to a certayne man in his time, to whom after insuite medicynes and most effec-

effectuous remedies were ministered, and none of them preuailed, at the last this employed, set out most luckylie and wonderful of all the others, in burning the leather of olde shoes, and receiuing bothe smoke and sauor by a Tunnel into y<sup>e</sup> body. For as soone as this hidious beast (which was a mighty Adder) felt the sauour of this smoke, he was serued to the standers about) to come forth by the fundament, to y<sup>e</sup> mighty astonishment & wonder of al the beholders. And this worthy secrete, easie to bee prepared, I thought here good to place, that the same, a like case happening, might be profitable, to euerie person. But in this place is not to be omitted, y<sup>e</sup> serpents greatly hate the fyre, not for the same cause, that this dulleyth their sight, but by cause the nature of fire is to resist poison. These also hate the strong sauoure far syping, which the Garlik & redde Onyons procure. They loue the Hauine tree, the Iule, and Fennel, as Todes do the Sauge, and Snakes the Herbe Rocket. But they are mightily displeased, and sorest hate the Ashetree, insomuche that the serpents, neither to the morning nor longest evening shadows of it, will draw neere, but rather shun the same, & lye far off. As a like matter *Plinie* reporteth, was on a time proued, by inclosing a serpent, within the large cyrcle made of greene Ashetree leaues, in the middle of which a quicke fire made, to the terroure of the serpent, for that ende to proue, whether he had rather runne ouer the Cyrcle, than drawe neare to the fire, which neuerthelesse (the fire kindling more & more) at the laste, rather crepte to the fire, where hee perished, tna by any meanes woulde drawe neare to the Cyrcle of the Ashetree leaues. Yet here learne, the maruelous benignitie of nature, which permitteth not the serpents to come forth of the Earth, before the Ashetree buddeth forth, nor to hide them agayne, before the leaues fall off. The singular Poete *Virgil* sayth, that the smoke made of Rosen or *Galbanum*, doeth hastilye chase and drive the serpents away.

These hypherts uttered, for the driving awaye and killing of serpentes. But here was almost forgotten, that y<sup>e</sup> leaues of Ferne, do chase awaye the serpent: for which cause, many skilful thinke it profitable, eyther to sowe, or strawe the Ferne, in suche places where the serpentes haunte. The *Neapolitan* *Rutilius* addeth, that if the leaues of the same bee burned, they (with the sauoure onely) wyll flee or creepe hastilye awaye; yea and force them to chaunge theyr lodgings.



farre from the Garden grounde or fielde.

Here a doubt may be made, whether the same be to purpose here to recite, that the worthy *Albertus* reporteth of the rounde *Aristolochia* wyth the feld frog, and a certaine propozition of wytinge *Thicke* diligently laboured, and mixed with these, to make the *Serpentes* immediately to quayle as deade, if any of the myxture bee wytten wythall, and thzotwen befoze them.

But I thinke it highe time to come vnto the remedies, whiche are both readie and easie to be prepared.

If that any shal be bitten of a serpent, vntlesse hee haue a feuer, and dryncketh a certaine quantitie of the iuyce of the *Mye* leanes, with pleasant white wine, and applyeth also of the freshe leanes on the place bitten, shall in short time see a worthy secret, greatly to be maruelled at, and by happy successe, proued of many.

Here briefly to conclude, if the Gardener bestoweth the freshe elder floures where the Serpents dayly haunte, they will hastily departe the place, yea these by reporte (artely bestowed in the Garden ground) do in short time destroy the Mothes, the Cakerwormes, and Palmers breeding in trees.

The other helpes and remedies necessarie to be vttered in this Chapter, shall in apte places be declared in the seconde part, where we purpose to intreate particularly of most Herbes growing in the Garden.

The laudable deuises and cunning helpes against the *Scorpions*, *Codes*, *Gardenmyse*, *Weasels*, and al other greater beasts wasting and corrupting, aswel the kitchen Herbes, as frutes.

Chap. 30.

**P**linie reporteth, that if clippes of the greene *Heliotropium*, bee sette rounde about the place where the *Scorpions* frequente, that they will not after creepe thence. But if the owner either lay on or strew vpon the *Scorpions*, the whole Herbe, they incontinent (as he affirmeth) die.

That skillfull wyter *Diophanes* (in his Greeke commentaries of Husbandrie) vttereth, and the like many other, that the freshe *Radiſh*, eyther layed or strewed on the *Scorpions*, killeth them incontinent.

To

To these, if any annoynteth the hands circumspectly with the iuyce of the Radish, he may after handle Scorpions or any other venemouse thing, without daunger.

This Tuthour further addeth, that a smoke made with *Saudaracha*, and better, or the fatte of a Goate, wil drine away both them, and other venemouse things, and by burning one Scorpion, al the others flye forth of the ground.

If any boyleth the Scorpion that stung hym, or any other in Oyle, and annoynteth the sore place wyth the same, it shal greatly anayle.

The lyke commeth to passe, if he may kyll and bruse the same on the stinging, but perillous wil the same stinging be, if he refrain not the eating of Basil all that day of the stinging. *Florentius* reporteth, that the iuyce of the figge tree leaues, dropped on the stinging, mightily anayleth.

The learned *Plinie* affirmeth, that the Ashes of the Scorpion drunke in wyne (if the fitte of the Feuer bee not vpon the person) to bee a singular remedie, as the pouder of wormes burned, to persons hauing wormes, or to beastes the like ministred, and anye bitten of a mad dogge, if the heares of the same be burned and drunke, so greatly anayle.

The *Todes*, (as the Greeke and Latine professors of husbandrie write,) may be drinen furth of the Garden ground, with those remedies, that the serpents: for which cause, the remedies and healpes against them to repeate I thinke here superfluous.

The toise (as the learned *Apuleius* writeth) wil in no maner harme or wast those seedes committed to the Earth, which befoze the sowing are steeped a tyme in the Gaule of an Oxe.

They wil bee kyllled in the ground, if the Gardener shal stoppe their commings forth, with the fresh leaues of *Rhododaphnes*.

There be (of the Greeke writers of husbandrie) which wil that like portions of the wyld *Cucuber*, or *Henbane*, or of the bitter *Almonds* and blacke *Polewozte*, bee orderly brused, and tempered with Meale, the same after wrought into Balles with Oyle, to be layed at the toes of the fiede, and house Oyle. *Plinie* writeth, that the seedes (befoze the bestowing in the Earth,) infused cyther in the Gaule of a *Wrasell*, or the ashes of hym committed to the Earth with the seedes, doth like

them from being harmed of Myle, yet the plants springing out of these are greatly misliked, for that they then giue the sauour of such a rancke beast, so that the seedes are farre better commended, to be steeped asoze in the gaulle of an Oxe.

The skilfull *Africanus* vttereth, that the Gardener may eyther kyll or dzine away Weasels, if he mixe salte Armoniack with wheate paste, and lay of the same in such place, where these often haunte. Others there be, which wil the carefull Gardener to get one alpyue, and cutting of both tayle and testicles, to let him so passe again, for by that meanes (others perceiuing the like sight) will depart the place, the easie experience of which matter, will after bzing a credite to thee in the same. For the dzyping away of the greater beastes, conceyue these remedies following, that if the Gardener shall water the seedes bestowed, with the olde vyne in which the ordure of a dog shall be infused for a tyme, they shal after be defended in y growyng vp, frō the spoyle of greater beastes.

The selfe same doth the worthy *Democritus* asseyne to come to passe (as I asoze vttered) if that the owner take to the number of ten Raine or Sea Creauises, and in putting them into an earthen pottle full of water he set the same in the sunne for ten dayes, to bee wel heated and vapoized thzough the hot beames, which thus handled let hym sprinckle on the beddes and planters, that he would haue defended from the ayze, & great beastes: yet may he not water the yonger plants, but euery third day, vntil these be growen vp stronger. The skilful *Africanus*, and other worthy wyrters of Husbandrie, report, that if eyther the *Pyonic* or *Herbe Personata* be buried, or othtwise sown about banckes or borders, in the Garden or field, are after (as by a secrete protection) preserved, that neyther the great nor smaller beastes, will after spoyle the plants there growing. But if the Husbandman would haue his trees preserved, from being soze eaten and wasted of the greater beastes, then let him exercise (after the minde of *Plinie*) this easie practise, in casting or sprinckling on the leaues, the water in whiche Oxe dung hath bin disolued, so that he be sure those tymes, that rayne will fall within a day after, to the cleane purging againe of the bzaunches and leaues of that sauoure, a matter in verie deepe wittily deuised for the purpose.

The skillful practises and remedies, against Hayle, lightnings  
and tempestes, beating downe and sporting the Rutchin  
Herbes, trees, and fruites.

Chap. 51.

**F**Or the Hayle, which for the more parte destroyeth both the labour of the Oren and men, conceiue these fewe remedies following. That if the Husbandman, woulde auoyde the same daunger at hand or ready to fal, then let him draw about the grounde (whether it be fildes, Orchard or Garden) the skinne of a Seale, or Crocodile, or Hyena, and hang it after at the entrie or comming in of the place, as the worthy *Philostratus*, in his Greke commentaries of husbandry, hath noted. Others thereto, which seeing the Hayle at hand, by holding by a mighty Glasse, do so take y<sup>e</sup> Image of the darck cloud, directly ouer the place, to y<sup>e</sup> end, the abiect by the same remedy (as *Rutilius* reporteth) may offend, whereby as doubled, it may giue place to the other, and on suche wyse be speedily auerted and moued away.

There were some (as *Philostratus* writeth) whiche with the righte hande drawing the Harriſh Tortoise on hir backe, laboured so aboute the Garden grounde or fildes, and returned to the place where they began, they so layed hir vpright in the furrow made w<sup>th</sup> hir backe, and shored cloddes of eyther side, that shee might not fal, neither to one nor other side, but abide steadie vpright, to the ende she might so beholde the big & thick cloudes, directly ouer the place. And the same, at such times they exercysed in the syxt houre of the day, or night. Certayn others (seeming to be of greater skil) when the Hayle approched, did spreade ouer euerie space of the Garden or field, white Clime, or fastned in some place right against the Tempest imminent, a liue Owle, with the wings spreade abroad, whiche two remedies also muche auayle againste the lightnings and hayle, as sayth the singular writer of Husbandrie (*Janus Columella*) in his little treatise of the Garden.

To utter here the populare helpe againste Thunder, lightnings, and the dangerous hayle, when the tempest approacheth through the cloude arysing, as by the loude noyse of Gunnes shotte here and there, with the loude sounde of Belles, & such like noyses which may happen:

R.ij.

A

I thinke the same not necessarie, nor properly available to the benefit of the Garden.

The famous learned man Archibius whiche wrote vnto Antiochus king of syria, affirmeth, that tempestes shal not be harmefull to plates nor frutes, if the speckled Tode inclosed in a new Earthen pot, be buried in the middle of the Garden or field. Others there are, which hang the feathers of the Eagle, or Seales skinne, in the middle of the Garden or at the foure corners of the same.

For these three, as by a certaine secret proper tie (and for truth) by a maruellous repugnancie to resist the lightnings, and that of these (the aboue sayde) in no maner to be harmed or blasted, is to memorie of the posteritie committed, and by the experiences or tryals of many skilful men confirmed. Wherefore Tiberius Cesar (as reporteth Suetonius) was wonte to weare a Garlande of Bayes, and to couer his proper tente all ouer with Seale skinner, at such times as thunder and lightning happened, supposing himselfe to be defended from these, which he maruellously feared. Plinie reporteth that Balbus (not for his smallnes only of hys bodie) escapeth the force of lightning, but through a secreete and naturall repugnance doth this auail against the stroke of lightning.

The laudable deuises and helpes against Frost, blasting of trees, Mystes, and ruste, whiche be enemies alwe to Garden  
Heardes as frutes.

Chap. 32.

**T** most men it is manifest, that there are two kindes of celestially injuries, the one, that men name tempestes, in which the haille, snot, and such like as are ment.

These (when any happen) are named a mightier violence and working of heauen moued forwarde, as Plinie reporteth, by the fearefull starres, whiche be *Virgilia*, *Hyades*, *Cynicula*, *Arcturus*, *Fidicula*, *Heddi*, *Orion*, *Aquila*, and sundry others, carefully obserued of the writers of Husbandrie and Physicke, and of them most diligently noted.

The other kinde is wont to happen, the ayre being calme and quiet, and in sayre nights, no feeling to bee decerned, but when the same is come to passe and wrought, which bewayled calamity is one while

wonte

wont to be named rustie, an other whiles burning, and an other whiles blasting, that to all crescente things, is a sterilitie, and at one worde a destruction, so that al is caused by Heauen, and wont especially to happen in the Spring time. The blasting and burning of the blossomes of Aple trees, the floures of Vines and Corne, are caused through the insurie of the Frosles hapning in the nighte, and not as manye repute, to be wrought by the Sunnes sharp heate, burning hastily by the deawe, or the moisture entring in, and corrupting the heads of Corne. The same also wasting the tender budde, plantes, and branches, is commonly named burning, for that it burneth and consumeth in places so blacke as any Cole. The blasting besides of the tender blossoms of Trees and Vines, is named *liveratio*, for that this especially is caused through the blast and striking of some Constellation. To these we adde the rust, as a mighty enimie to fruites. The worthy *Plinie* reporteth, that the rust and burning, bee caused only of colde, whiche happeneth in the nighte time, and before the Sunne rising, so that the Sunne is not worker of these. And the time when the like succeedeth, is knowne to be after the munde of sundry skilful Writers of Husbandrie, at the change or full Mone, some Staues then of the first bignesse ayding, in the rising, or setting. The suspected times and days of the rust for indyng of the good or euill successe of fruites, is knowne in Aprill, accordyng to the falling out of George and Saint Markes daye, and the ninth day of May, for the raueniennesse and cleerenesse of the aire. This celestall sterilitie, dothe neither happen, nor cannot euer ye peare, for the proper courses of the Staues, both in the descending and ascending in Heauen, with the radiations or aspectes one to another. In the which working, who can not but wonder, and for the same honour and reuerence, the maruellous benignitie and goodnesse of Almighty God towards mankinde, yet of the constellations afore mentioned, and of the others which are infinite in number, the diligent antiquitie only feared three of these greatly, and obserued them for that cause, as the diligent *Plinie* noted, and to memorie committed. First, the constellation *virgilie* for the fruites, the constellation *Aquila* for the Corne, and the constellation *Canicula* for the gathering of fruites, so that these for y same cause were named the Iudiciall Staues, to foreknowe the seasons by. In whose dayes of the first appearance, if the aire, cleere and calme sente



downe a kindly and feeding iuice to the Earth, then was it a sure note  
 to the, that such things sown, would grow and encrease prosperously.  
 Contrariwise, if the Moone at those times sprinkled a dewie colde on  
 the plantes and crescent things, then as a bitternesse mixed contrarie to  
 the sweete and nourishing iuice, the same so slew or killed the tender  
 things, without appearing about the earth. But to come to the mat-  
 ter: there is neither frost, hayle, stozme, nor tempest, so harmefull to cer-  
 taine fieldes or Garden groundes, thzough whiche they at anye tyme  
 cause the sterilitie and penurie of victuals, as the rust and burning heate  
 doe, for these falling and working in open Countreys, procure for the  
 moze part thzough their harmes a publique calamitie & present dearthe,  
 to the auoyding of which, shall heere be offered those skilfull remedies,  
 inuented of the auncient Writers of Husbandrie. If the carefull Gar-  
 dener would withstand the force of Frost and rust appzoching, then let  
 him burne stoz of Chaffe, if such plentie be there, or neere hande, but for  
 lacke of the same, may he vse the drie weedes plucked by of the Garden  
 or field, and the bigge Thistles, or other wast fruites, in many places of  
 the same, especially towarde that way whiche the winde then bloweth,  
 for on such wise handled, Diophanes in his pzecepts of Husbandrie wz-  
 teth, that the euill nighe or at hande is auerted. The selfe same pra-  
 ctise may be vsed against thicke and darke mists. Beritius in his Greke  
 pzeceptes of Husbandrie giueth warning, that the Husbandman or  
 Gardener diligently marke, whether the same bee gathered in the ayze,  
 whiche ready to fall, let hym then burne incontinente the left hozne of  
 an Oxe, with eyther Cowe or Oxe dung, making with these a migh-  
 tie smoke round about the Garden ground or fiede, but the smoke espe-  
 cially directed by the winde, in fleeing against it. The worthy Apuleius  
 wzote, that the smoke of thzee riuer Creamisses, burned with Oxe or  
 Gotes dung, or with Chaffe, to bee a most sure healde and remedie a-  
 gainst the like, that if the same be already fallen, I meane the rust, the  
 Gardener may recouer the harme after this manner, as the skilfull Be-  
 ririus repozteth, in taking the rootes or leaues of the wilde Cucumber or  
 Colocynthis, whiche after the bzusing and infusing in water for a night,  
 sprinkle and wet the places well taken with rust befoze the Sunne ri-  
 sing. The like may the Gardener worke and do, with the Figge or Oke  
 tree ashes, sprinkled in the places endamaged with rust.

## The Gardeners Labyrinth.

60 79

All Seedes of the Garden or field are defended, as reporteth *Anatolius*, from all injuries and Monsters, if the Husbandman or Gardener before the committing of Seedes to the Earth, dothe infuse them for a time in the iuice of the rootes of the wilde Cucumber.

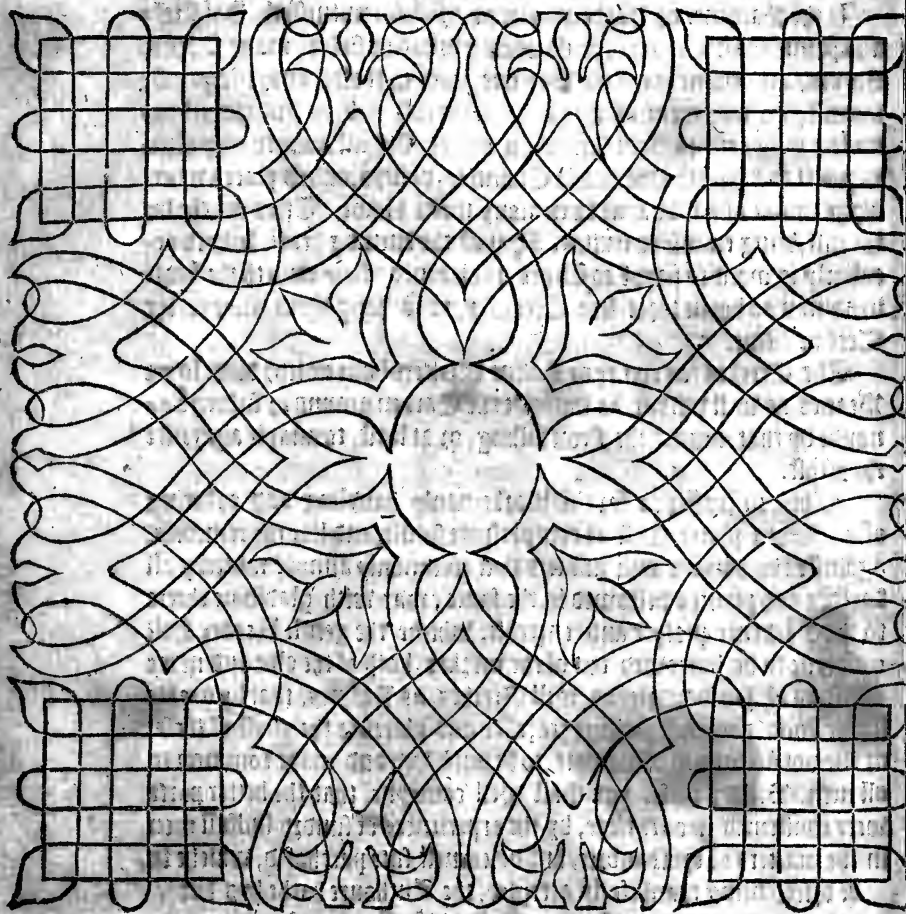
If the Gardener or Husbandman as *Apuleius* witnesseth, shal sticke and plante rounde aboute the Garden ground or fildes, many Stippes, stockes, and branches of the Bay tree, these will after awayle againste the rust; for into them all the harme of the rust passeth and encreth, as the like many times hath bin obserued of the skillfull, whych very often is wont to happen in the dewie Countrey, valleys, and in places where bigge winde of a suddayne doth many times blowe. Thus muche for the rust, being enimie to fruites. Against the burning heate, whych peculiarly is wont to happen to Vines, the learned *Plinie* willethe the Husbandman to burne three lye Creuisses, or to hang them aline on the Tree or Vine.

The Greekes (as certayne Latine Writers haue noted) didde sowe Beanes, as well within, as without the Garden ground or fildes, to annoyde by that meanes the Frost falling, or at least, to awayle agaynst the Frost.

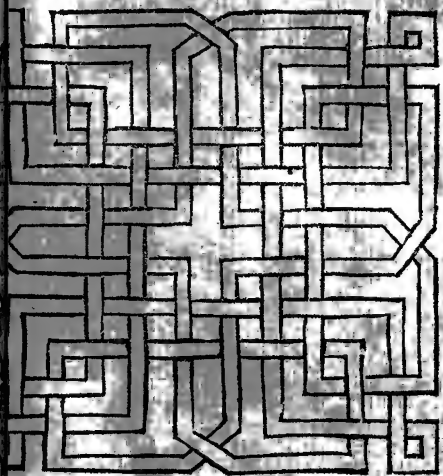
These instructions for the woorkemanly handling and ordering of a Garden plott, shal at this presente suffice, and like the remedies, againste the harmes and injuries that commonly annoy, whereby all Seedes and plantes bestowed in the same, may with glad some cheere to the Gardener prosper and encrease, whiche the gentle Reader shall conceyue to be borrowed out of the woorkes both of the olde and newe Writers of Husbandrie, as well Greekes, as Latines, that by greate studie, and painefull laboure searched and obserued the most of these, or else not attempted of my part, to be published and made common to all men. Besides these, you shall well conceyue, that the better parte were confirmed in oure time, by the experiences of sundry skillfull men in the matters of Husbandrie, and by earnest sute purchased, whiche to be briebe being thankfully accepted, the Authoure hathe bys due rewarde, and so an ende of this syzt parte of the Gardeners Labyrinth.

Vale.

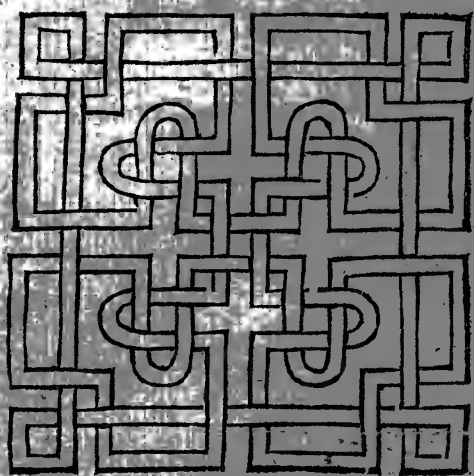
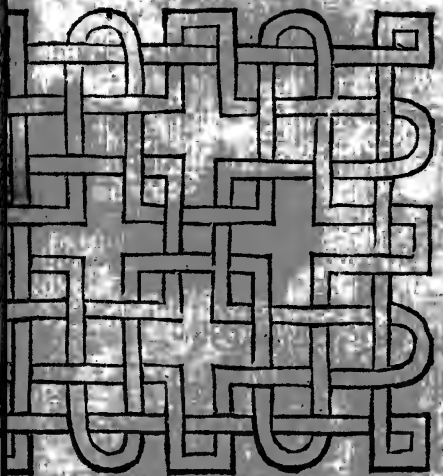
A proper knotte to be cast in the quarter of a Garden, or otherwise, as there is sufficient roomth.

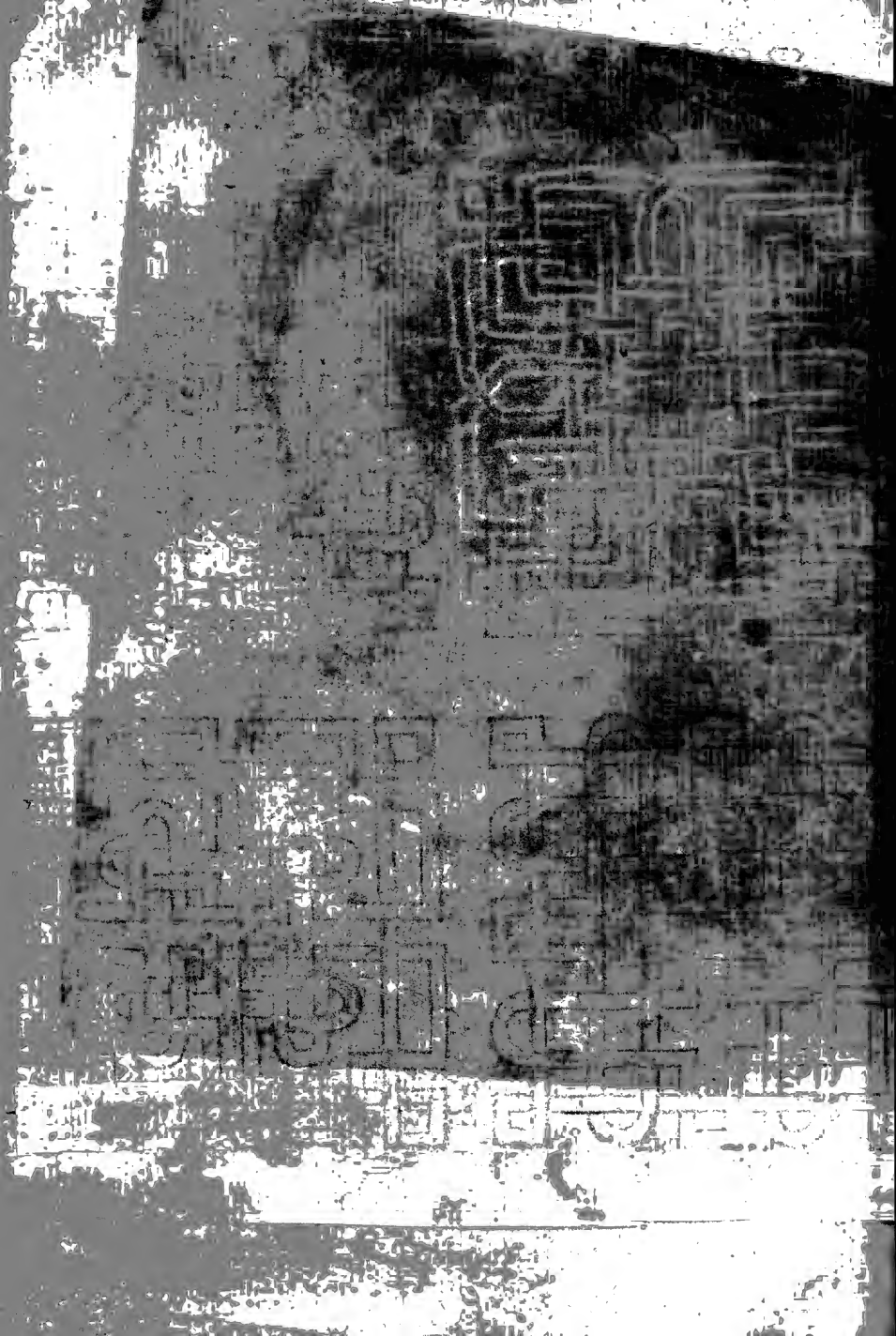


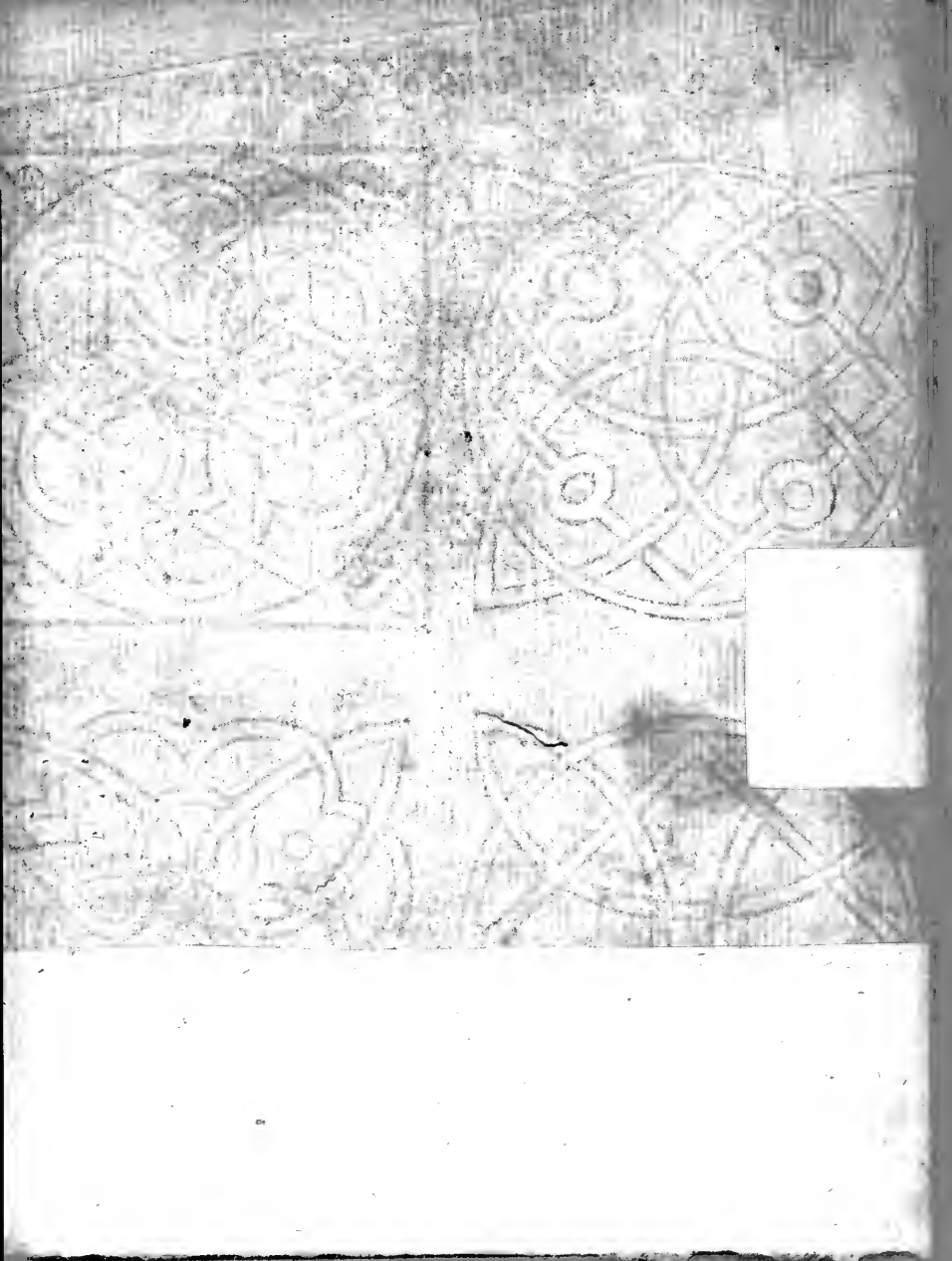
PROPER KNOTTES  
to be sette with ffope or Tyme.



Knottos

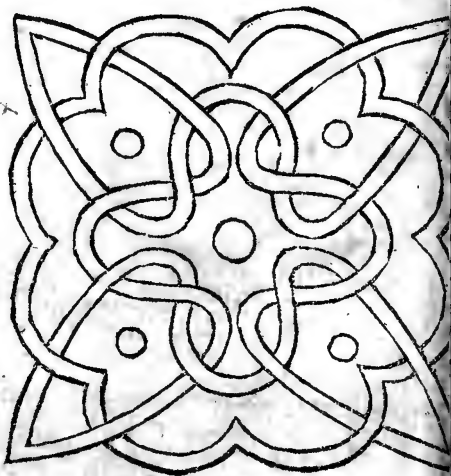




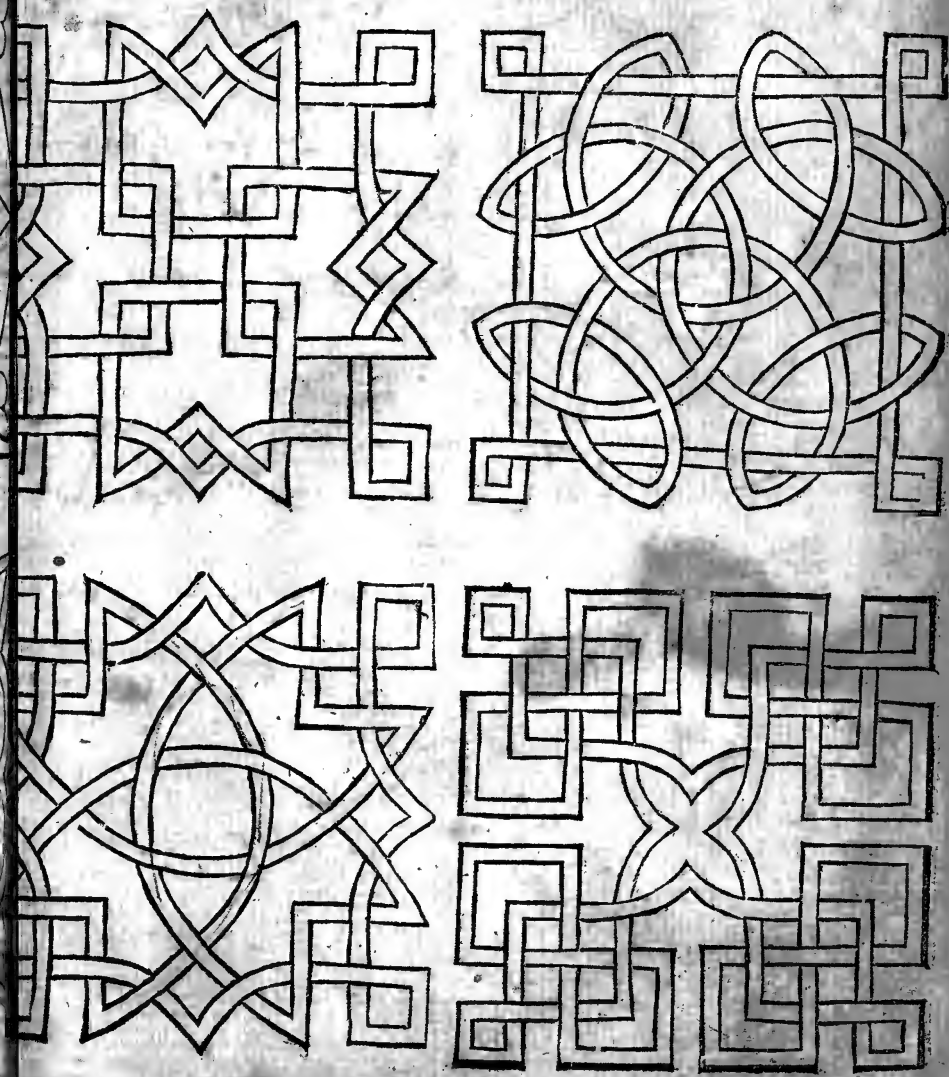




*Another forme of Knottes.*

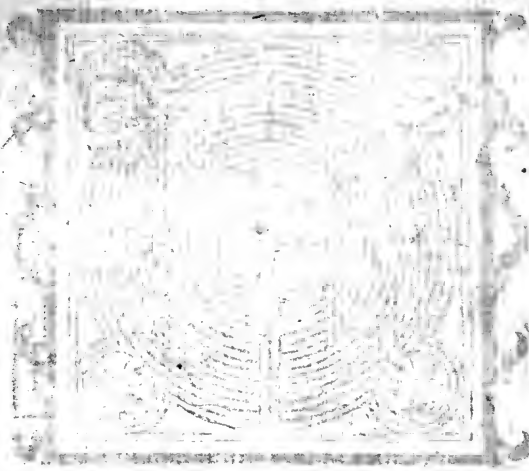


*Knottes in another forme*

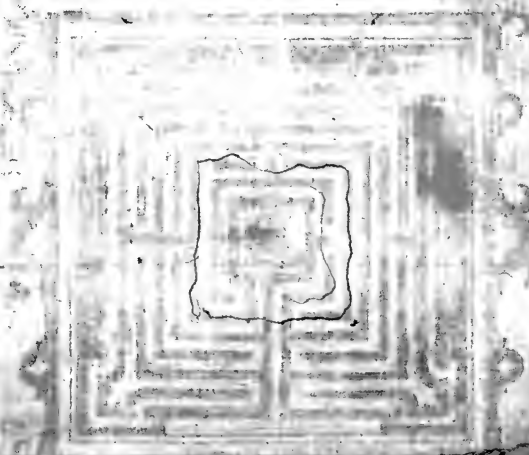




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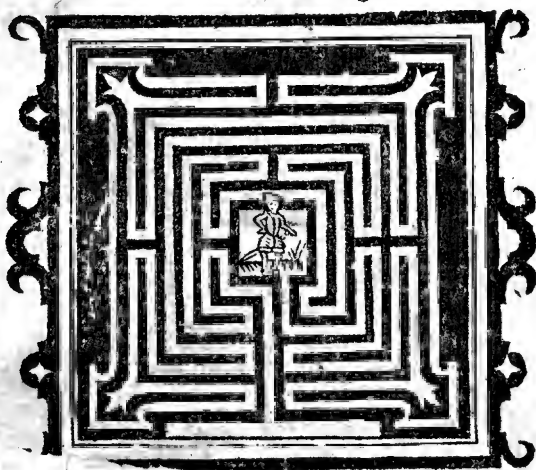


1.

*A Maze.*



*Another Maze.*



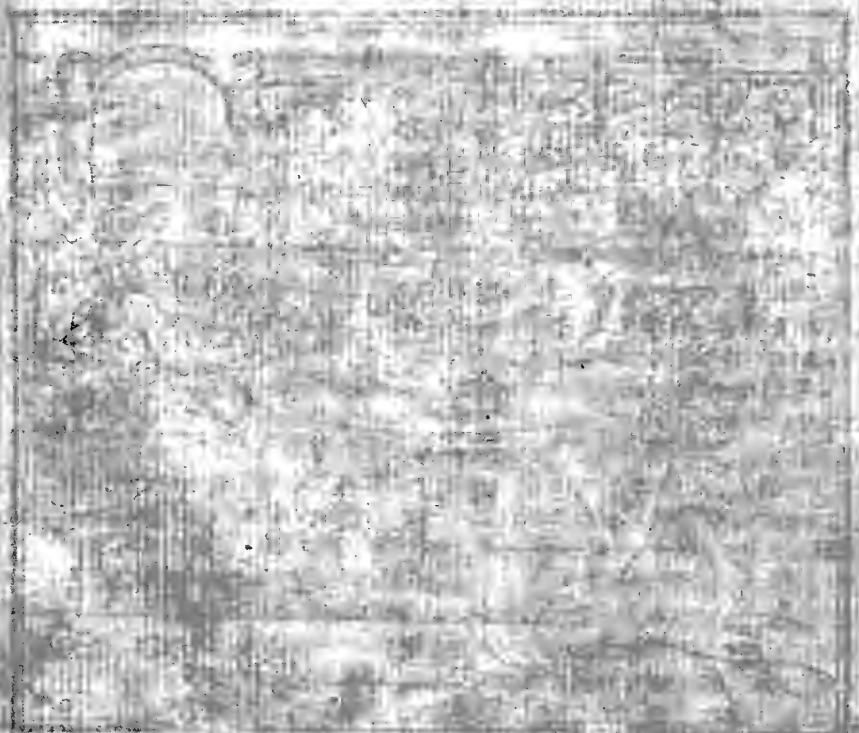
The second part of the Gardeners Labyrinth, vttering suche skilfull experiences and worthy secretes, about the particular sowing and remouyng of the most Kitchin Herbes, with the wittie ordering of other Dayntie Herbes, delectable floures, pleasant fruites, and fyne rootes, as the like hath not heeretofore bin vttered of any. Besides the Philicke benefites of each Herbe annexed, with the commoditie of waters distilled out of them, ryghte necessarye to be knownen,





The second part of the City

1. The first part of the document is a letter from the President of the United States to the Congress, dated January 1, 1861. It is a copy of the original letter, and is signed by the President.



# The second part of the Gardeners

## Labyrinth.



Here in my firste parte I haue fully satisfied (as I trust) the expectation of the Husbandly Gardener and owner in all such matters, which may appeare needfull or requisite to be learned and knownen, for the better ayde, in possiding of a commodious and delectable Garden: in like manner I purpose to ayde the careful Husbandman or Gardener; after the

possibilitie of my skill in this seconde parte with suche skilfull heales and secretes, as are required about the artely sowing, and particular bestowing as well of the Kitchin, as other dayntie Hearbes, pleasaunte fruites, delectable floures, and fyne rootes, whiche at large I purpose to utter in the same, and likewise the Physicke benefites to eache Hearbe I adde, wyth other matters profitable, to the ende the owner or Gardener may with better good will be moued to bestowe an earnest care and diligence aboute the often remouing, as well of daintie floures as Hearbes, with the clipping, pressing downe, breaking away, and cutting off the endes of rootes, that these may growe the thicker and bigger both in Hearbe and roote. All whyche instructions and rare secretes, are parte borrowed out of the worthy workes and treasures of the Greeke and Latine professozs of Husbandrie, and parte purchased by friendshippe and earnest suite, of the skilfull obseruers and witty searchers in oure tyme of laudable secretes in Garden matters, seruing as well for the vse and singular comfote of mannes life, as to a proper gayne and delight of the minde.

The lyke of whyche alreadye uttered, maye the owner both see and knowe by that plante, whyche in Gardens euerye where, as well those in the Countrey, as in the Citie, is placed none so common, none more plentifull, nor oftener bled among Kitchin Hearbes, than this familiar Hot Hearbe, named the Colewort, whyche by a diligence of the Husbandly Gardener, may well serue in the coldest of Winter, in the steade of other Hot Hearbes, so that this Hearbe by good reason, knownen to be not only profitable for the Hot, but to the vles of Physicke ryghte necessarie, hath moued mee the rather to begynne first wyth the Coleworste, in uttering what care and diligence is required aboute the sowing, often remouing, clipping, and

The second parte of  
 dressing of the same, beeyng afore bestowed in Beddes workemanly  
 prepared.

What heapes and secretes to be learned in the sowing  
 and often remouing of the Coleworze.

Chapter. II.

**T**he worthy Marcus Cato in his husbandrie preferred the Colewort  
 before all other Hot Hearbes, and the learned Plinie in like man-  
 ner ascribed a principalitie to the same of all Garden Hearbes, for whi-  
 che cause, I purpose heere to intreate first of this Hearbe, that manye of  
 the Latines also for the mightie stemme and armes like branches na-  
 med the Colewort. Suche is the nature of this plant, that the same re-  
 fuseth no condition of ayre, for whiche cause it may bee committed to  
 the Earth in any time of the yeare. This plant desireth a fat Earth,  
 and wel turned in with dung, but the Clepe, grauelle, or Sandie thys  
 refuseth, except a floud of raine water shall now and then heape.

The Coleworze prospereth the better, beeing placed towarde the  
 South, but this standing open to the North, not so well encreaseth, al-  
 though both in tast and strength it overcommeth in the same place, for  
 through the colde aire and frostes, the Herbe is caused the tenderer and  
 pleasanter.

The Colewort loyeth on a hill syde, or the ground sleeping downe,  
 it delighteth in dung, and encreaseth by the often weeding, as the wor-  
 thy Rutilius hath noted: when fire leanes shall be sprung vp, or but fine,  
 the same then must bee remoued, but in such manner handle, that the  
 roote afore the setting againe, bee annoynted with soft Cowe dung,  
 whiche ought so to be ordered in a warme day, if it bee Winter, but if  
 in the Summer time, then at suche time as the Sunne shall be going  
 downe in the West.

The most auncient of the Greekes denided the Colewort into three  
 kinds only, as the crisped, which they named *Selinoides*, for the simili-  
 tude of y<sup>e</sup> leaues of Parsellie, the same of them *Lean*, for the brode leaues  
 issuing or growing forth of the stemme, for whiche cause, some na-  
 med it *Cauloden*. And the same whych properly is named *Crabe*, gro-  
 wyng vpper with thinner leaues, both single, and beey thicke. The  
 Colewort becommeth the bigger, through the Earth dayly turned  
 light

## The Gardeners Labyrinth.

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light by about the bodie. And particularly to write, the common Colewortes, which they name the long or greene, ought to be sown from the middle of August, or from the beginning of September, that these maye bee growen vpp into bigge leaues to serue in Wynter and in the lent time. The husbandly Gardener or owner may plant yong Colewortes in October, and set them againe in December, to possesse the leaues in the Harpe winter, and y<sup>e</sup> seeds in June and July, and to make them also grow as bigge toulst, as in the other seasons of the yere and as tender or rather tenderer, although not so delectable: and haue good regarde, that the seeds be not to old, for these then bryng forth plats out of kinde, of whiche the reporte goeth, that seedes sown become Rapes, or Raneus. Such seeds as you would to indure for fire yeres, ought to be carefullie preserved. Marcus Varro willethe the Coleworte to be sown in saltie places, and when three leaues bee come vp, to lisse wyter or saltie Earthe on them, so fyne as the froste falling, for on suche wise handled, these are caused the tenderer & delectabler the vertue notwithstanding preserved, which like practise is confirmed, in y<sup>e</sup> Greke Husbandrie of Praxamus. There be some which vse Ashes in steade of wyter, or for the same cause, y<sup>e</sup> wyther may hit and destroy the Canker wormes, which grety offend & waste y<sup>e</sup> Coleworts in some Gardens.

The singular Columella reporteth that the Colewort doth come sooner softe and tender in the seething, and doth kepe the green color without wyter, if the roote lapped aboute with three small blades of the sea weede, be againe set in the Earth.

The worthy Plinie willethe the Rente or sea weede, to be put vnder the stalk, in setting againe, and vnto the same ende, the delicate and tender seething bled, so that the Colewort before y<sup>e</sup> seething, be steeped a time in Oyle and salte, but in the seething, put in a little salte, for the Bitrous and salty substance consisting in it.

The Coleworte may be caused both bigge and pleasaunte, if thrust into a whole, you set it vnto the leaues in Earthe, that no parte of the stemme bee leste bare, for doubte of perilling: and as the same groweth vp in heigth, and the earth shrinkyng from it, so continually raise the Earth high vp to the bodie, and cut away the outwarde leaues, so that no more than the top of the leaues may appeare aboute the Earth. The Coleworte often weeded aboute, and workemanly dunged wax-

eth the stronger, and causeth the Coleworste to be of a greater increase, and tender of leafe. All the yeare through, may the Coleworste be cutte, seing al the yeare (as afore sayde) the same may be sowne, yet growen to seede, it ought not to be cutte. The tender tops of y<sup>e</sup> yong Coleworste, is greatly comended for Sallets, so y<sup>e</sup> somewhat hot, both oyle & Salt be bestowd vpon. When raine after a drought in sommer time falleth, y<sup>e</sup> owner may renew those Coleworsts decayng, by plucking away from the decayed leaues, which eyther shall bee dyed or eaten in manye places through. The Cabedge Cole or white Cabedge, may be sowne thick in beds, but after certaine leaues come vp, remoued into wel dressed beds, halfe a yarde asunder, growen especially to a bigge stemme or stocke, & these wel lay vnder a colde oyle in that they are caused the tenderer and delectabler through sharpe frostes, and the heads couered with strawe, are caused both rounder and whiter.

The wrinkled, crysped, and Romaine Cabedges, which of nature are more tender and delicate, ought to be sowne in the month of March, and remoued at certaine tymes of the yeare, being alwayes watered, when need requireth.

When the Gardener or owner at any tyme seeth that the leaues of the Coleworste either wythereth or waxeth yealow, the same then is a note of the default of water, which like happening, causeth the leaues to be yealow and full of holes or lythe and feeble, or else dyed, through which of necessity they must feeble and die.

If the Husbandman or owner would haue Coleworstes tender and pleasant (as afore uttered) let him breake off in the setting againe the outwarde leaues, for the inwarde leaues in the growing, will after become better of taste, and pleasanter in sauour, than the outwarde leaues were.

The redde Coleworstes naturally growe throughe the aboundance of hotte dung, or through the watering or well moistenyng of them with y<sup>e</sup> Lyes of wine, or else by the planting of the in hot places, where the sunne dayly shyneth a long time together.

Neuer take the toppes of the Romaine, crysped, nor the other, for your turne and vse, but alwayes the thicke leaues downeward, from the heade or toppes.

All the sortes or kindes of Coleworsts, may be planted at all seasons,



So that the tymes and Earth, be neyther to colde, nor to hot. When you mynde to set them againe in holes made with a Dybbel, cut away the endes of the rootes, least in the setting into the earth, they solde or benche to the ground, which harme them greatly, & only those of a big growth are to be set againe, which although they slowly take roote, yet are they caused the stronger. And y<sup>e</sup> rootes of these, neither desire any softe dung, nor Riuer mud to be annoynted or layed about them, nor to be set in a soft earth, in that they ioy & prosper, in a ground meanelly dry, although the outward leaues wyther, until the time a sweete rayne falling, recover their strength. Some water the yonger Coleworthe with salt water, to cause them grow tender, &c. as afore uttered.

*Plinie* that incomparable searcher of the matter of nature reporteth, that pottes or other vessels, in whiche by water daylye seethyng, a crust or parget, so fast cleaueth or is baked to the sides within, that the same with no scouring can be gotten off, yet by seethyng the Coleworthe in this potte the cruste immediatly and with ease falleth off.

*Athenaus* wyrteth, that the Coleworthe ought not in any case to be planted or sowne neare to the byne, nor the vine in like maner might to it, for such is the great enmitie betwene these two plants (as *Theophrastus* witneseth) that being both in one plotte together, these so hinder one another, that the vine in braunches growing further, rather turneth or bendeth backe agayne, from the Coleworthe, than stretching toward it, & it yeldeth lesse fruite there through. And the same to be true (*Plinie* affirmeth) the wine in the Butte or Hoggesheade to be corrupted, both in sauoure and taste, through the Coleworthe putte into it, but the wyne agayne to be restored, through the leaues of the Beete steept in it. By which argumēt or profe. *Androsides* singular in knowledge (as the like *Fligie* writeth) reported, that the Coleworthe greatlye auayleth againste drunkenesse. Of whiche, it is now a common exercise among the Egyptians, that greatly loue wyne, to boile y<sup>e</sup> Coleworthe w<sup>th</sup> their meates, y<sup>e</sup> in eating of the like prepared, they may to auoyde y<sup>e</sup> annoyance of wine after drunke. *Paxamus* (a Greke writer of Husbandry) reporteth, y<sup>e</sup> if any poureth a litle quantitie of wine by drops, into y<sup>e</sup> licour of y<sup>e</sup> Coleworthe boyling, y<sup>e</sup> same after seethyng no more, but quailed in strength, is corrupted & changed in licor. By a like man may contrarie gather, y<sup>e</sup> the person which would drinke plenty of wine



*It drunk  
nes with  
wine*  
wyne, withoute bring ouercome with the same, ought to eate afoze. a quantity of the rawe Coleworste with meate. But for this matter, heare the sentence of the singular man (M. Cato) who willeth the person purposed to drinke much wyne at a feaste, and to dine or suppe freely, to eate afoze supper, as great a quantitie of the rawe Coleworste as he wil, with good vinegar, and being also sette downe to supper, to eate hie leaues raw, these then wil cause him to be, as one that had neyther eaten nor drunke, whereby he may drinke as much as he wil, throught the maruellous repugnancie of this herbe with wyne, as afoze vttered, and like noted by Agrius, in the worthy worke of M. Varro.

The Coleworste in like maner, ought not to be planted nighe to the Organge, Rue, nor Sowes breade, for the drying qualitie consisting in the, so that these either sowne or planted nighe to the Coleworste, and other very moyste herbes, doe greatly hinder, and cause them to wither. A like matter worketh the Lauander, set in beds neare to moyste herbes, throught the heate consisting in it, as the Radish doth, whyche throught the proper tartnesse or sharpnesse being in it, burneth any moyst and tender plant growing neare to the same.

*women in child  
bay*  
This also is worthy mention, whiche Athenaeus reporteth, that in Athens (in time past) the Coleworste was wonte to be prepared with meate for women with childe, in the steede of a certayn defensitiue against annoyances.

*ebrous*  
There is also made of the Ashes of the Coleworste, infused in water, a salte, in that the same possesseth a Pytrous substance (as afoze vttered) throught whose benefite, if this be meanly boyled, and take in broth (as we shall here after write) doth loose the bellie.

The Physicke helpes and worthy secretes of the Coleworste.

The Coleworste in the use of Physicke, hath so many properties, that Peculiar Pamphiletes the sufficient, as Pythagoras, M. Cato, Christippus, Diemichus, and sundry others, wrote of the vertues of the same. But of the monuments of these men (none are extant) sauing the same, whiche M. Cato, and Plinie haue lesse to memorie written. Therefore as we vttered of this herbe (and of the worthy secretes) shall after be vttered.

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First M. Cato writeth, that this Herbe coleth and moystneth in the seconde degree, and for the hardnesse of making water, which cometh for the by droppes or very straightly, hee willethe to prepare the Herbe after this manner, in taking the Coleworthe leaues cleane picked, and after the bestowing of them in scalding water, to lette them seeth a while, which as yet halfe rawe, poure the lycoure almoste from them to these, then adde a reasonable quantitie, both of Oyle and Salte, but of cummyne a little, which done, let the whole seeth a while, then taking it from y<sup>e</sup> fire, and cooled, to sup a meate or draught of the broth, & the Coleworthe leaues to eate, as soone as they be thus sodden tender, which in like maner dayly vse, vnto the tyme the patient be eased.

For all manner of vlcers, and swellings, vse and applye the Coleworthe workmanly brused, especially the smal stalkes and tender leaues of the same, that the Grekes name Crambe, and with vs, the common Coleworthe, which like ordered, purgeth the Canker sores, and in shorte tyme healeth them, y<sup>e</sup> like of which, no other medycine properly can do. But befoze the patiente laye them on, he must diligentl<sup>y</sup> with muche warme water, soule and washe the sores, after applie or lay on twice a day the sayd Crambe or common Coleworthe brused with which remedie also, both loose ioyntes and bzuises, yea Canker sores and vlcers in the Pappes of women, may meruailously be cured.

If the vlcere be so tender, that it can not suffer the sharpe working of the Coleworthe, then mixing the Barlie meale with it, applie on suche wise and the repozte goeth, that there is one simple, which like preuaileth against the ioynt sicknesse or Ach of ioyntes, as the rawe Coleworthe diligently applied, doth, if the same finely shredde, be eate with Rue and the Coriander, or else with a Corne or two of salte and Barlie meale, artly mixed with Oximel, the same be vsynted morning and euening.

That if a person hardly heateth or but little bruse, (saith M. Cato) the Coleworthe with wine, which after the harde wringing forth, and warmed in a saucer, drop gentl<sup>y</sup> into the Eare, and in shorte time the patient shal feele y<sup>e</sup> benefit of the same. These be hereto M. Cato, which accustomed to proue the cryppled Coleworthe especially, nexte the thynne with great leaues and big stalkes.

Leauing further to write of the vertues, which Cato in hys Husbandrie, and the singular Plinie bitter, I here minde to declare certayne worthy

To The seconde parte of

worthy practises of the Greekes, as touching the Coleworste, and firste they report, that the decoction of the Coleworste drunke with pleasaunt wyne, to procure the monethly course in women, to these, the iuyce of the same mixed diligently with fine Hony, to cure the eyes, if the same wilfully be dropped into the corners of them.

That if any hath eaten venomous Mushromes, he shal maruellously be holpen, by drincking the iuyce of the Coleworste.

For they omitt that the same doth yeld a mightie nourishment to the body in such manner, that children eating of the Coleworste for a tyme, do the speedilyer goe alone.

The iuyce (as they reporte) drunke with white wine, for 21. days together, cureth both the disease of the Splene and Jaundise, as the worthy Paracelsus (in his husbandly instructions) confirmeth. In which he reporteth, that thre partes of the Coleworste, with two partes of the rounde Thyme steeped in vineger, cleneth the soule scurfe and leaprie, the same boyled and drunke amiddith the boyce and grieve of the Arteries. For whyche cause manye studentes, vse desirously thys Herbe.

To vse also the seede and leaues, with Syphium and vineger brayded, and applyed on the greened place, doth perficte cure the byt, both of a dog mad and not-madde.

And if it shal happen through a distillation of Renne fro the head, that the Vula of Youte be fallen into the throte, the iuyce then of the rawe Coleworste applyed to the heade, wyl in shorte tyme recover, and staye the same in the proper place, a secrete in verye deced, worthy to be noted.

The rawe iuyce of the Coleworste drunke with wyne, helpeth the bite of a serpent or adder, the iuyce with y meale of Sennibeeke and bynegger artely mixed, and either annointed or applyed in playster sozine, doth effectually cure the Boute, Joynte sicknesses, peafilthy and olde blisters, as the worthy Discordides writeth. The iuyce also snuffed or drawen up into the nostrils, purgech verie well the head, and conueryed into the secret place with the meale of darnell, draweth the rednes or termes downe.

The iuyce of the leaues annointed alone, or with barley meale beaten and mixed, doth in shorte tyme qualifie inflammations, and al-

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into

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swage great swellings, & with salte both breaketh Botches, and stayeth the bleeding of heare.

The diseased of the Splene, this rawe eaten with vineger doth profite, after the boyling mixed with Honey the same greatly preuaileth agaynst eating vlcers, and Canker sores.

The greene stalkes with the iowes burned (or rather rolled vnder hotte iuders) which after the fittly mixing with old Barrowes grease, be in plaister forme applyed, to the dayly griefes of the flankes or sides, doth in shorte time preuaile.

The iuyce of the Coleworste myred wpyth the oyle of Roses, and applyed to the forehead, doth remoue the headache, procured by heate of the Sunn. To this Coleworste boyled, if you mire the oyle of Almonds, and Iuyce of the sweete Pomme Granate, the same vled, doth in shorte time deliuer a dyre conge.

The Colewort (after the opinion of certaine skilful Physicians) is founde to be harde in digestion, swelleth the Bellie, harmeth the Astmaticke (in that the same increaseth humors) and harmeth women, hauing the redde course on them, for so muche as the same increaseth such a flure.

If you would dye a moyst bellie, then after the Colewortes be halfe sodden (by pouring forth al the first in a manner) poure in other warme water speedily, which like boyle againe, untill the Coleworste in thys seething, shal be tender and soft, and in eating, season it with a litle pepper and salt: but this may not be handled on such wise, if you wold vse it for loosing of the bellie, for then after the shifting of it out of the first hot licour, into a painne standing fast by with oyle and a litle salte prepared, you must boyle againe vnto the tyme the same be readie.

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The

# The seconde parte of

## The commended benefites of the distilled water of Colewortes.



**T**he leaues of the greene and  
Common Coleworste, are to  
bee distilled in a sayre and apte  
tyme, aboute the beginnyng of  
June.

This water ministred or re-  
ceiued vnto the quantitie of thre  
ounces at a time, morning and  
euening, stayeth womens redde.  
The distilled water of the Cole-  
worste, profiteth the byrth of  
chylde, when the time of deliuerie  
is at hande, if a Napkin mete  
in it be applyed oftent to the nose,  
to smel vnto, for by that means

may shee happily be deliuered. The like quantitie druncke, healeth the  
dropping of the byrth: And druncke vnto the quantitie of thre ounces,  
at a time, morning and euening, stayeth a loose Bellic.

*The Physicke helpes of the water of the redde  
Coleworste.*

**T**he leaues of the redde Coleworste, are to bee distilled, in  
the ende of May.

This water drunke in the morning fasting, vnto the quantitie of  
fire or seuen ounces at a time, softneth a harde belly, and thre ounces  
at a time vsed (for a moneth together) putteth awaie the gyddy-  
nesse of the heade: thys water profiteth againste the Apoplexie, and  
convulsion or Cramp in the members, either drunck or annoynted on  
the greued places. This water helpeth the trembling and quivering  
of members, if those bee often rubbed and suppled with it, and the wa-  
ter suffered to drye these into parties by it selfe.

The

water  
softnes  
belly  
and good  
apoplexy  
convulsion  
cramp



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The linnen clothes wet in it applyed on inflammations, putteth away the heafe, and craaseth or swageth the swelling: and orderly drunke, healeth bleers, both within and without the body. For at the bleers without, be applyed with linnen clothes, both moztin. evening.

*inflam  
ule?*

what worthy instructions to be conceyued, in the sowing and ordering of the Beete for the Poete.

## Chapter. 2.

The Beete more often eaten at poore mens tables, ought to be bestowed in a most fatte Earthe, and sown at any season, but rather the Seedes to be committed to the Earthe about the middle of December, and unto Marche, and like in August, to possesse Seedes, which may indure for thre yeares. The Seedes ought rather to be thicke than thinne sown in bedde, and shot vp to some growth, as that four or fyue leaues be sprung about the Earthe, then in the Summer time, the plantes are to be remoued, if the beddes afore were moyfined or wet with floures, as the singular Columella writeth: but if the ground bee drie in the Haruest time, then to remoue them where shoures lately fell and softned the Earthe.

The Beete loneth or iogeth to be often digged about, and to be fedde with much dung, for which cause, the yong plantes to be sette againe, ought after the endes of the rootes cut off, and the toppes of the leaues clipped, to be striked or annoynted about with newe Cowe Dung, and then bestowed in beddes a good distance asunder, which after the plants be more growen vp, to be diligently weeded about, and the vnprofitable weedes thowen away, for by that meanes they growe the larger and bigger, being as I haue bestowed in fatte Earthe and well dunged.

The Beete may be caused to growe bigge and brode as sossion in his Beete Instructions of Husbandrie affirmeth: if before the Beete shall be growen vp into a stemie, and shot forth in stalkes, the owner lay vpon the head a brode Tile, Potshard, or some other thing of waight, to presse the topp gently downe, for by that practise or meanes in the waightie bearing downe, the Beete is caused to spreade into a breadth with the leaues.

The Beete becometh the whiter and fatte greater, if the Husbandly Gardener annoynte or couer the roote with newe Dre or Cowe dung,



dung, and that hee cutte the roote and toppe of the yong Beete, as the Lecke handled befoze the setting, and after a bigger growth to presse it downe as afoze vttered. To haue the Beete growe redde, water the plant with redde Wyne Lys, or set the same in a hote place, where the Sunne dayly shineth long. The Beete rosted in Imbers, taketh away the stincking smell and sauoure of Barlike eaten, if the same be eaten vpon or after the Barlike, as the Greeke Menander hath noted. Thys is maruellous to heare by the Seede of the Beete, that it yeildeth not the whole perfection of perfit Seedes in the first yeare, but an increase in Seedes somewhat more the seconde yeare, and in the third yeare a full perfection, from the first sowing. And Plinie reporteth, that the Beete speedier commeth forwarde with the olde Seede, than with newe: soz whiche cause, the matter demaunded of a skillfull Gardener, reported of experience, that the Seedes of the Beete to seme, ought not to be gathered, befoze the Beete had bozne a thirde yeare, after the first sowing of which Seedes sown in due time of the Mone, the best Beetes come, and this not to be forgotten, that when the tast of Wine, through the Colewort (as afoze vttered) is corrupted in the vessel, the same againe by the sauoure of the Beete, as through the leaues put into it, is recovered. These hitherto of the Beete.

#### The Phisicke benefytes of the Beete.

**I**f all the kindes of the Beete, haue a cold & moyst qualitie, and the white Beete, as Diphilus the Husbandly Philition reporteth, killeth the bellie, and the redde Beete, moueth or prouoketh byrnie. Galen affirmeth this Beete to be endued with a nytrous qualitie, through which it both purgeth and clenseth filth, whiche vertue is more effectuous in the white, in so muche that it causeth the bellie laxatiue, and purgeth the body of euill humors, yet the same passed to the stomacke, byteth and plucketh it. The iuice of the common Beete drunke, louseth the bellie, but the same harmeth the stomacke, in pinching or biting it, especially those persons whiche haue a tender and delicate stomacke, so that the Herbe is better commended sodden, than the rawe iuice bled.

The iuice of the Beete mixed with the oyle of bitter Almonds, after the heating in a saluer, supped or drawen vp into the nozethills, both greatly heale the stopping of y<sup>e</sup> nose, & recover smelling, tho<sup>ugh</sup> the

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# The Gardeners Labyrinth.

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the purging or cleansing of the head. The roote of the Beete boyled in water, and three or foure dropes of the licoure dropped into the eares, doth remoue the rage and paine of the. And the iuice of the Beete rubbed on the gummies, doth aswage the raging of them. The iuice of the rawe Beete, annointed on any bald place of the head, procureth y<sup>e</sup> heare to growe, and killeth Ayle. The decoction of the leaues and rootes, doe also cleanse the head of Pittes and Dandrie. The Beete after the tender boyling, applyed on Ulceres, and blisters of skalding or burning, doth in short time heale them. The iuice of the Beete, drunke with Cummin or Myll Seedes, remoueth the gripings of the Bellie. The blacke or redde Beete boyled with the pulse Lentiles, and the same receyued, stayeth a loose Bellie, whiche (as I aboue said) the white Beete loseth. This white Beete also sodden and eaten with rawe Garlike, doth driue away the Wormes of the Bellie. The Beete boyled, healeth the obstructions or stoppings of the Luer, more than the great Wallowes or hollie Oke doth, especially when the same is eaten with Mustard or Vinegre, and eaten in like manner as with Mustard or Vinegre, dothe maruellously aswage and heale the corrupted Splene. The iuice auenteth against the holy fire or Shingles. This Herbe is rather eaten after this manner, for Whislike causes, than for nourishment, in that there is but a small nourishment of this, as of all other Hot Hearbes, whiche to the full eaten of at a time, or often eaten, dothe not only grype and bite the stomacke, but encrease eth euill humors, as wel in the healthfull, as sicke persons.

## The speciall effectes of the distilled water of the white Beetes.

The time of the destilling of this Herbe, is in the ende of June, and that both the leaues and stalkes together. The newe water of the white Beete, drunke morning and evening, vnto the quantitie of foure ounces at a time, dothe maruellously preuaile against the Stone, in that the same consumeth it. This quantitie like drunke, preuaileth against the grieve of the Stone, in that it purgeth the Loynes and Kidneys. This ceaseth the vexing paine of ioynt aches, by applying wette clothes on the places, dipped in it.

What

What rare heales and secretes to be learned, in the  
sowing and setting of the Blete.

Chapter. 3.

**T**here are two kindes of this Blete, as the white, and the redde, or blacke, both at this day very well knowne, through their growing as common in the field as Garden. The stalkes and leaues of the redde ware so redde in the growing, that they appeare as dyed with a scarlet colour, but after a further growth, in time, these from that colour are changed into a purple, and at length ware blacke to y<sup>e</sup> eye, of which the same also is named of some the blacke Blete. The roote besides of this Hearbe in the breaking, appeareth so redde as any blood.

The white Blete possesseth or rather sendeth forth the branches and leaues like to the Beete, and the same without any sharpnes or biting, being insauerie, and eche is of the same condition, that it spredely springeth in the Garden, as *Plinie* reporteth.

And the white or redde Blete may be sown in any earth, but rather in a well dressed ground, in the moneth of March, as the skilfull *Peapolitane Rutilius* willet, whiche strongly grown in the Earthe, or fully come vp, continueth and yearly reneweth of it selfe, without any proper sowing, so that in time this so taketh roote by the seedes yearely falling, that the Gardener after can hardly weede the same out of hys ground, if he would: wherefore this once sown in a fertile Earthe, prospereth many yeares by the yearely yeelde and falling of the Seedes, and requirerh nether raking nor weeding about it, as the worthy *Paladius* reporteth.

The Phisicke heales and commodities of the Blete.

**T**he worthy *Galen* in his Booke *De faculta. simpl.* writeth, that the Blete is a Hot Hearbe, much and often eaten of the simpler sorte, and in qualitie colde and moist.

This as *Plinie* writeth, is thought to be impossible to y<sup>e</sup> stomacke, and so much molesting the bellie, that in some this moueth and causeth the Choller to increase, and the Fire of the Bellie. Pea this moueth also vomitings, with gripings of the Bellie, through choller moved and

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most to be

stirred up, which by the dayly or too much eating of it at a time procureth, yet the Blete of paradise knownen, dothe lesse harme the stomacke and bellie, if the first water powred forth, and the softe Herbe put into a Panne, bee fryed with Oyle or Butter, and a little Salte added, or Vinegre, and so eaten. But this notwithstanding may not bee often eaten, nor to the full at a time, for so much as this (of experience knowen) procureth vomiting, and engendreth paine in the stomacke, griping in the bowels, and to be laxative, through the moving of Choller. And in the eating also this is to bee remembred, that the Hearbe bee not eaten with Oyle alone, and a little Salte, but rather with Vinegre added for the moze parte, in the same otherwile is knowen to be enimie to the stomacke. This Hearbe (as aboue vttered) hath a propertie in softning the Bellie, especially whē the force of it is increased, by some other slippery and clammy matter. These hitherto Galen. This notwithstanding drunke in Wine (as Plinie reporteth) preuaileth against the bite of a Scorpion, and layed in playster forme, on the thicke skinne of the feete, and in like manner, for the treating payne of the Temples, and with Oyle on the Milt, doth greatly profite. And the worthy Hippocrates writeth, that the same eaten in the manner (as afore taughte) doth restrayne or stay the Tearmes. These hitherto Plinie.

What diligence and skill is required in the sowing and setting of the Garden Arage.  
Chapter. 4.

The Garden Arage for the Potte, ought by the agreement of the skillfull, to bee sown in the Moneth of March and Aprill, and in the other Monethes following, vnto Haruest, the apt seasons and times heerein considered. But in some places are the Seedes bestowed in the Moneth of December, in a well dressed and dunged Earthe, and the plantes better prosper, being thinnie sown. These also may bee sown by themselves in beddes, and together with other Herbes, and they alwayes desire to be cut or broken off with an iron instrumente, that they cease not yeelding forth of yong. The Arache ioyeth in the often watering, if the season and ground be very drie. The Seedes of the Arage ought diligently to bee couered, incontinent after they are bestowed in the Earthe, and the rootes of the Herbes to be often digged vnder, and

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left hollow of Earthe, that the rootes may growe twithin the stronger.

This Herbe is supposed to growe the greater, being not remoued at all, and for that cause the plantis thinnest bestowed in beddes, do euermore toy and encrease the better. The plant in like manner encreaseth and becommeth the sooner greate, through the often and diligent weeding exercised about the same. To be briefe, this plant after the mind of Rurilius requireth to be watered all the hote and drie seasons, vnto the time of Haruest, in that the same delighteth and encreaseth the faster, through the dayly moisture bestowed on it.

*The Phisicke benefytes of the Orache.*

**T**he Seedes of this Herbe may bee kepte to vse for foure yeares, and these through their cleansing qualitie, healep greatly the stopping of the Liuer, causing the Heading of the Gaule, or yallowe Iandile. Two drammes of the Seedes bused, ministred with two ounces of Honey, and a draught of warme water, and drunke fasting, dothe on such wise by vomiting, caste by Choller. The Herbe in qualitie is known to be colde in the firste degree, and moist in the second, through whiche reason it softneth the bellie. The Herbe smallie nourisheth, in that the licour or iuice of it is waterie and slipperie, through whiche it lightly loseth the bellie, and the leaues after the busing layd in playster forme on hote impostumes and swellings, and like on the Shingles, doe both speedelie coole and heale them. The Seedes after the busing, taken with a quantitie of Honey, and the same sundry times, healepeth such as fetch the winde hardly. The Seedes like bled, doe expell the Wormes in the Bellie, and prouoke vomiting. Pythagoras greatly misliked the Orach, in that the same (as he affirmed) caused by the often eating both a palenesse of face, and the kings euill. Vnto the worthy Dioscorides farre otherwise iudged, in that hee affirmed the Orache Seedes to healep the Iandile. The Orache also helpeth suche, as haue a hote Lpuer. If the Herbe Mercurie with the Orach be diligently boyled, and the broath sundry times bled, it doth both loose the Bellie, and deliuereth the paine of the Bladder. The person dayly vsing the decoction or broth of the Orach, with the Herbe Mercurie and Beetes, for a time together, doth speedely deliuer and ridde the Agew. The Orach eaten, is thought profitable

stable



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stable for the person spitting blood. The Herbe bruised and applyed to the bellie, not onely cleneth the defaultes or corrupt matter within the priuie place, but reaseth in shorte time the paynfull arise of the Ha- trice. The Drache bruised and layd in playster forme on any member hurte eyther with Thorne or Nayle, doth with expedition drawe the same forth, and healeth it. The Herbe boiled with hony, and applyed on rough nayles of the fingers, dothe within short time loose them off. The Drache bruised, and after the mixing with hony, applyed in playster forme, doth in short time remoue the aching paine of the hote Goute in the fete. The Hearbe so tender and soft boyled, as any other Potte Hearbe, and eaten of the patient, doth not only soften the bellie, hardened or colliue by heate, but remoueth diuers swellings.

What singular skill and secretes to be knowne in the sowing, remouing, and setting againe of the worthy Hearbe named Sperage. Chapter. 5.

The field and garden Sperage, togeth in a fatte, moist, and wel drefed Earthe, and the Hearbe growen vp to heighth, bath by euery lease growing forth, a rebbe Beare hanging downe, in whiche a Seede is, that the Hearbe in the sowing commeth of.

The Seedes to be committed to the Earthe as the worthy Didymus in his Greeke instructions of Husbandrie reporteth, ought to bee bestowed in the Spring time, into little holes of three fingers deepe, in whiche the owner or Gardener may putte two or three Seedes togyther, well halfe a fore distant one from the other, whyche thus bestowed, require after no more trauell nor care for the first yeare, sauing the digging about, and plucking vp of weedes growing among them.

But for the sowing and increafe of the Sperages, it shall be to great purpose and commoditie, to heare the wittie preceptes and instructions of Marcus Cato, Columella, Plinie, and Palladius like agreeing.

The Seedes (say they) as muche as three syngers can take vpp at one tyme, maye the owner or Gardener workemanly putte, and lyghtely couer, in Earthe bothe fatte and dunge, and in berpe little furrowes, so straight made as a line, whyche on this wise handled, will by the fortieth day after growe so inward in the Earthe, that the rootes shot forth, will clasp and fold one in another, as if they layed together



together in one, and for the same named of the auntiente Gardeners Earth Spunges. If the places in whiche you purpose to committe the Seedes shall bee drie, then these layd in soft dung, lying alooe in the furrowes, shall on such wise bee ordered and covered, as if they lay or were bestowed in little Hyucs. But in a contrary manner shall the owner of Gardener worke and doe, in continuall moyst places, for the Seedes in like places shall bee bestowed on high ridges, workmanly rayled with dung that the moysture maye lesse annoy the plantes in the growing, which only ought to be fed or watered with the moysture passing by, and not still to abide in that moysture, to be cloyed with it. The Seedes on such wise bestowed, will yelde a Sperage in the firste yeare, whiche the owner of Gardener shall then bzeake, or cutte off beneath. But if the owner assay to pull at it nere the ground, the small rootes (as yet tender) and weake in the Earth, may happen to rise and followe with the whole Spunge, whiche therefore workmanly broken off, ought thus to be fedde and nourished in one proper place, growyng still for two yerres with dung, and diligent weeding. In the other yerres following, the Sperage shall not be broken off by the stalke, but plucked by by the roote, that the same may so open the eyes of his bzanching, for except the plant be handled on such wise, the stemmes broken off, will not encrease the eyes of the Spunges, but rather growe as blinde, so by these will not after suffer the Sperage to yelde or send forth the proper encrease. The same shall the Gardener preserve, of whiche hee gathered the seede, and burne after the croppes & knobbed endes or iointes of the same Herbe. After this, about the Winter time, shall the owner lay or bestowe on the Spunges, both ashes & dung, whiche the learned M. Cato rather willethe to be Sheepes dung. There is another manner and way of sowing, by Spunges onely, which after two yeares, ought to be remoued into a Sunny & wel digged place. The like furrowes ought to be made well a fote distaunte one from the other, and not aboute twelue syngers deepe, in which the tender & yong Spunges are so to be set, that lightly couered with Earthe, they may easily spring and shoote vp. But in the Spring time, before they shall come by or appere about the ground, the Gardener or owner with a forked Iron, comonly named a debbill shall loose the earth, by the end of it may appere out, & the roote of the Herbe loosed frō the ground, may by that meanes increase of a more bignesse.

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The same M. Cato willethe the plante to be raked and diligently weed-  
 ed about, but so handled in the digging aboute or weeding, that the  
 rootes of the plante bee not loosed, or in the weeding by it bee otherwise  
 febled in the treading downe.

In the wynter time, the little groue of Sperages shall be covered o-  
 uer with thinne and light Matteredes of strawe, least it shoulde be bit-  
 ten and greatly endamaged, with the frostes and colde ayre, whyche in  
 the Spring time shal be opened and vncouered againe, and fede wyth  
 dung about the rootes, that the plants may the speedier come forwarde  
 & increase, through the comfortable feeding of the dung and moysture,  
 orderly done.

The worthy Didimus (in his Greeke instructions of Husbandrye)  
 reporteth, and after hym the learned Plinie that manye Sperages do  
 spring vp through the hoznes of wilde Rammes, broken into grosse  
 powder, and these strewed along in little furrowes, and after the light  
 covering wyth Earth, often watered, whiche although it seemed not  
 credible to the worthy Dioscorides, and that he much misliked the rea-  
 son of the same, yet if y Gardener or owner shall make a profe or trial,  
 he wyll after confesse (I dare asseyme) thys experimente to bee mosle  
 true.

There bee which farre marvellousser reporte, euen that the whole sowd  
 hoznes of Rammes, not broken a sunder, nor cut into small pieces, but  
 only boared through in many places, and then bestowed in the Earth,  
 to bring forth or yelde in shorte time the Sperages, whiche if the  
 owner woulde possesse of them for all the yeare to feede on, when hee  
 gathereth the fruite, must then in the digging about (as the sayd Dydi-  
 mus writeth) open those rootes, whiche scatter and spreade in the toppes  
 of the Tyke, for the yong plant thus ordered, wyll speedilie sende forth  
 newe tender stemmes, and yelde Sperages, whiche lightly boyled in  
 water and fat broth, and to the same both salte and oyle or swerte but-  
 ter orderly mixed, and a little quantitie of vineger poured vpon, will after  
 yelde a singular delight to the eaters therof.

But in thys place I thinke it necessarie to be remembred, that the  
 Sperages require a small boyling, for to much or long boyled, they be-  
 come corrupt or wythout delight in the eating.

Of whych the worthy Emperour Drusus, willing to demonstrate

the speedye successe of a matter, was wonte to say, the same should bee sooner done, than the Sperages boyled.

As touching the making of the sauce or pickle, the tender stalkes spinckled with salt, and wrought by in rounde heapes, ought so to bee lette alone to sweate in the shadowe, after to bee diligentlly washed w<sup>th</sup> the owne licoure, untill they bee sufficientlly abated and cleared of the moysture in them, at the leasse, clenled from the pickell, and in the laying on of a weight (after such maner) pressed forth. Then poure into an apt vessel two partes of vinegar, and one of the pickle, which workmāly thicken with oyle of Fennel seedes, in such maner as the tender stalkes and leaues, may wel be pressed downe & covered in the same, and that p<sup>ro</sup>peretly by vnto the toppe by bottome of the Calther potte.

The Phisicke commodities and helpes of the Sperage.

The fruite and seede are v<sup>se</sup>d in medicine, and endure for a yeare in perfitte vertue, the Herbe by nature heateth and moystneth, and so the same reformeth and helpeth the Pally, the Kings euill, and Stragurie. The Garden Sperage prepared with meate and eaten, doth not only helpe a harde mylte, but stopping of the Liuer. The roote of the Sperage boyled in wine, and ministred in apt time of the Moone, recovereth y<sup>e</sup> Medding of y<sup>e</sup> Gaule, & is the same by experience knowen. The meate of the Sperage, is reported to be most profitable for y<sup>e</sup> stomacke, whiche with Cummyne mixed, both remoueth the swelling of the bellic, and chollicke.

The meate of the Sperage orderly prepared, and eaten, doth not only procure v<sup>ine</sup> (easilye to passe) but dissolueth, and sendeth forth the small stonies in the Bladder, through the iuyce of the Lemmon added to, whiche experience will confirme. There be some which minister the roote (artly boyled with sweete or white wine) for griefes of the womans priuie place. There be which affirme, that the person shal not bee stinged with Bees, if he annoynte the naked partes with Sperage and oyle brused togither. The decoction of the roote, not only profiteth the persons hardly making water, but asswageth all maner of griefe & paine of the gummes, teeth, and mouth, by holoing the same for a time, and washing the mouth therewith.

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The worthy Plinie writeth, that the Sperages (workmanly boy-  
led) do maruelously profite and helpe the grieues both of the breast and  
Chyne of the backe. To these, the Sperage to procure and moue fore-  
warde the veneriall affe, and to loose gently the bellie.

Dioscorides reporteth, that the Sperages either roasted or sodden, do  
migitate the dropping paine of the chyne, the difficultnesse of the same  
and the perillous fire Disenterie. Galen affirmeth, the Sperage to cleare  
the kidneys and stopping of the Luer, especially with the roste & seeds.

What soil and obseruation to be followed, in the sowing, and  
ordering of the Spynage, Chap. 6.

This plant aptest for y<sup>e</sup> Lent time (or for y<sup>e</sup> the same oftner or moze  
common, bled in that season) may in any ground be bestowed, for it  
cometh by very wel in every place. And the seedes are to be committed  
to the earth in the monethes of Septēber and October, to serue for the  
Lent in sowing for y<sup>e</sup> it is the first pot Herbe, which is found in Gardens  
about the lent time. But in the monethes of December, Ianuarie, Fe-  
briuarie, and March, for al the sommer following. And this plant very  
wel endureth the extremitie of times and seasons, as the colde, frostes, &  
snow. And although Spynage cometh wel by in any ground, yet  
y<sup>e</sup> earth ought to be diligently labored befoze, & the same to be somewhat  
moiste. The plants after the coming by, which appere by the seuenthy  
day after the sowing, neede no weeding to be done about them, but only  
to clip off the tops of the tender leaues, whereby they maye grow by the  
comlier & fairer to y<sup>e</sup> eye. If the Gardener would haue the bed of Spi-  
nage indure a long time, & to profite, he ought to cut halfe the bed along  
at one time, and the other halfe, at an other time. This pot Herbe (after  
the tops cut and throwen away) ought to be sodden without water, in  
that the same (in the seething) yeldeth much moysture, for contented w<sup>th</sup>  
the proper licoure, it refuseth anye other broath added, so that thys  
otherwise sodden, loseth the kindly and natural iuyce of the same, and  
besides to hastily drowned or overcome with the same. This being very  
tender after the seething ought to be finely chopped w<sup>th</sup> a wooden knife, or  
otherwise stamped and turned often in the beating of it, which wrought  
by into rounde heapes, and fryed in the sweetest oyle or butter, must so  
be prepared with a quantitie of Maruyce and Pepper brused, that it  
may the moze delight the tast.

The

## The Phisicke benefites and helpes of the Spynedge.

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**T**his Herbe for the potte, named Spynedge, moysteneth and co-  
leth (after the minde of the skilfull) in the ende of the firste degree.  
The Spynedge both softneth the bellie, and moystneth the bodie, and  
remoueth the griefes of the Breast and Lungs. This gathereth winde  
in the bodie vnesse the excrementall humoure be sente forth by purge:  
but applyed in hotte causes this greatly profiteth.

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And if woe may credite the Philition Serapion, this moze nourish-  
eth than y<sup>e</sup> Trage, looeth the bellie, and leaueth after it a better nourish-  
mente, yea clenseth, mundiseth, aswageth Choller, and profiteth both  
the bzeast and lunges. The Hearbe boyled and applyed, helpeth the  
sozenesse and griefe of the throte, proceeding of bloude, and the redde  
Choller. The dayly eating of this Herbe, doth maruellously profit such  
hauling a hoarse voyce, and that hardly fetch breath, and much molested  
with the coughe, if the Herbe after the proper seethyng and ordering  
(as aboue taught) bee epyther fryed with sweete Butter, or the oyle of  
sweete Almondes, and that to it Merluyce and Wypper byulde, be wit-  
tilyr added. For on such wise handled, the same (dayly eaten) doth expel  
euil humors, where in a contrarie maner, the decoction and Herbe sim-  
ple being dayly eaten, doth (by agreement of the skilfull) ingender in  
like condition Melancholie, as the dayly eating of Lettuce doth. The  
Herbe prepared (as afoze taught) and eaten with the decoction of the  
same drunke, doth not helpe without doubt the greivous paynes, and  
ache of the backe, but looeth a costive bellie.

What skill and diligence is required, in the sowing and ordering  
of the Garden Sorrel.

Chap. 7.

**T**he Sorrel of the Garden, although it wil wel ynoughe come vp  
in grounde not dresed, yet the seedes are euermoze bestowed in  
laboured Earthe, not dunged at all, in the moneth of Aprill, and to bee  
muche and often watered, until they bee wel come vp, in that the same  
especially ioeyth being placed neare to water.

And the Gardener mynding to possesse the seedes of the Sorrel,  
ought



ought, after certaine leaues come vp, to remoue the plants, in letting them growe, vnto the full ripenes of the seedes, which after the thorough drying, to be kepte vnto the sowing time. The Sorrell come vp, neither well abydeeth frostes, colde, nor ouermuche moysture, and to haue the beddes of Sorrell continue seemely to the eye, all the sommer through, let the owner or Gardener cutte the toppes of the Sorrell, three or foure times in the yeare.

The like diligence may bee imployed, in the sowing and ordering of the Garden Pimpernel.

## The Phisicke commodities and helpes of the Sorrel and Pympernel.

The Hearbe Sorrell cooleth and dryeth in the thirde degree, and the Hearbe eaten, remoueth lothsomnesse, and procureth an appetite to meate. The Sorrell sauced with vineger, and eaten fasting in the morning, is a preseruatiue for the Plague. The leaues wrapped in paper, and roasted vnder hotte imbers, whych after the brusing and mixing wth a little oyle of Roses, applyed on swellings, doth bring them in shorte time to matting.

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The seedes of the Sorrell brused, and druncke either wth water or wyne, aswageth the daungerous fyre Dissenteria, and the payne of the bellie of a continuall fyre, and the abortement of the stomacke. The rootes of the Sorrell boyled with vineger, or rawe imployed and annoynted, doe heale the Lepre and Ringwormes, and rough nayles, but it behoueth to rubbe over the places afoze, with salte Pyter and vineger in the hotte Summer. A decoction of the rootes ceaseth the ych of the bodie, if with the same the bodie in a Bath be gently rubbed and suppled: the roote besides boyled in wine aswageth both the griefe or payne of the eares and teeth. Manye in remouing of the kings curll, weare the roote about their neck. The iuyce of y<sup>e</sup> Sorrel, tempered with oyle Olyue, and rubbed on the heade, remoueth the grieuous payne of the heade proceeding of an vntemperate hotnesse. The rootes boyled with wine and drunk or eaten, remoue any sicknes comming of heate, as the Jaundise, proceeding of the liuer or Splee, in the like manner druncke, and the rootes after the brusing applyed in plaister forme to

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the priuie place, do stay the redde of women long continuing. The sedes boyled in wine, do stay all manner fluxes of the bellie, and remoue the swelling of the mylte. The leaues of Sorrel wel brused, and applied on the weaste, do aswage the burning of the Feuer.

The Pimpernell of the Garden, heateth and dryeth in the seconde degree. The Herbe is especially applyed for poison, in that the same cleareth al the outwarde fylth of the body. The roote boyled in wine, and drunke, remoueth the euil and venemous bloud from the heart, of which the plague is easily caused to procede, and ceaseth the headache. If a man be wounded vnto the skul, the iuyce of this Herbe dropped into the wound, and applyed vpon, doth in short time recouer and heale y same without griefe. This dropped into vlcers and other woundes, cureth them. As for pprose take a cocke, and strike him into the skull with a knife, but not peacking it, after take the iuyce of this Hearbe, and inspyll two or three droppes into the wounde, and it wyll immediately bring the same vnto a skar. The Hearbe mixed with Rockette seede and vineger, and drunk, moueth sweate, expelleth poyson and euil humours, boyled with wine and drunke, remoueth the disease of the Hyppes, and especially helpeth an euil cough, & purgeth the breast. The Herbe boyled in wine & receined, breaketh y stone of the Kidneys and Bladder, & remoueth y strangurie. In the same maner imployed, profiteth against y gripings of the bowels. But this especially auayleth against the stopping of the Liuer & Mylte. The Pimpernel, to be briefe, helpeth the stone, moueth bryne, aswageth the strangurie, purgeth the breast, & expelleth the poyson of the plague from the heart. The iuyce of it boyled, and drunk before the fit of the Ague, putteth away any Feuer. The roote may also be candied, as y Ginger, with Sugar or hony, and so preuaile the like againste the abouesayde diseases.

The Herbe boiled, remoueth a continual Ague: the iuyce of the herbe, & tertiane Ague, so that the same be drunke before the fit.

A worthy experiment against the rhyficke of the Lungs. Take of y Pimpernel brought into very fyne poudre two ounces, of new Pimpernel water, and of Sugar, as much as shall suffice, making therof an Elestuarie, of which take daily two drammes.

The commended helpes of the distilled waters, both of the Sorrel,  
and Pimpernel.

The Sorrel is to be distilled, with the whole substance, in the spring  
tyme. The water tempered with Triacle, prehaileth agaynst the  
plague. The water drunke, remoueth al manner of inward heates, ceas-  
eth thirst, helpeth the Liver and Myle, by the drincking and imploy-  
ing of the same, with linnen clothes wet in it. It remoueth the Gingles  
being applied and drunke, it helpeth scalding or burning, & putteth away  
the kings eul. It auayleth in Agues, to coole the burning heate. &c.

The roote and Herbe with the whole substance, Mzed and brused to-  
gither, ought to be distilled in the ende of May. The water of the Pim-  
pernel drunke morning & euening, vnto the quantitie of thre or foure  
ounces at a time, both helpe the stone of the kydneyes and Bladder, and  
purgeth the Keynes. This helpeth the plague, drunke within fire daies  
once. It profiteth women, whose Matrice is euer colde, and sendeth  
down y redde, This drunke, with a litle quantitie of Castore in fine  
pouder, putteth away the shaking of the members. This drunke vnto  
the quantitie of foure ounces fasting, preserueth the person that day fro  
any natural sicknesse, in that it remoueth all manner of griefe from the  
hearte, expelleth euil humors, and procureth vyne. This drunke, lyke  
profiteth agaynst popson, it causeth also a cleare skinne and faire both in  
face and handes, if the partye for a tyme washeth daylie those partes  
with it.

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What skill and diligence required, in the workmanly sowing  
and ordering of the Borage and Buglosse. Chap. 8.

**T**he Borage, & Buglosse or Longbeefe seruing for the  
Potte, when the leaues are yet tender, and they  
flouris for Salletes, requyre to bee sown in the  
month of Auguste, and in September, to serue the  
wynter time, and in the moneth of Aprill (the Mone  
increasing for the Sommer tyme, in that the seedes  
(especiallye of the Buglosse) prosper not so well, to be sown at any  
other tyme, for so muche as it togeth to be placed in a warme & Suny  
place,

place, the Earth afore diligently laboured and dressed. These may the owner or Gardener remove (after certain leaues sprung vp) at any time of the yeare, and to bee placed in Beddes, either alone, or in Bordures, rounde aboute the newe Beddes of other Hearbes. The seedes both of the Borage and Buglosse, require to be gathered in a maner halfe ripe, so the ende they fal not out of their Huske. And the whole Hearbe wyth the seedes of eyther ought to be layed in some high place, open to the warme Sunne, that they may ryppen the speedier, which full ripe, rub tenderly betwene the handes the seedes forth on a linnen cloth or sheet, and these may you kepe for two yeares.

The Phisicke benefites and singular helps both of the Borage and Buglosse or Longeberefe.

*moist & hot* The Borage, whiche otherwyle of Galen and Dioscorides, is named the Buglosse or Longeberefe, is (by the agreement of the skylful) affirmed to be moyste and hotte in the firste degree, which the selfe same Galen witneseth, saying, that the Buglosse is of a moyste and temperate hotnes, for which cause, steeped in wine, it is thought to procure a gladsomnesse and ioy to the drinke of it.

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The Borage boyled in wine, and the same drunke, procureth good bloud in the creature. The iuyce of this Hearbe mixed artely with Sugar, and drunke fasting, maruellously helpeth the gyddinesse or swimming of the heade. The Sirupe made of the iuyce of Borage, to which a like weight of Sugar, and a little quantitie of the powder of the bones of the Harte, these after the workmanlye boyling, drunke fasting for a tyme together, maruellously recovereth the trembling and beating of the hearte. If the iuyce with the simple Sirupe of Borage and Sence equallie mixed, shall bee drunke morning and euening, doth not only increase memorie, but remoue Melancholie. The floures rawe eaten with distilled vineger and Sugar, do not only procure good bloud, but stay the trembling of the hearte, whiche like they in wine, and drunke, peruaile. The floures dyed and preserved for a yeare, doe like profite in all the abovesayd griefes, as the Hearbe doth. The Syrupe of Borage bled for a tyme, peruaileth against the Kings euill.

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The floures steeped for a tyme in the oyle of sweete Almonds, and after

after the wylnging forth of this tenderly applied to the stomacke, and region of the heart, doe maruellously comfort the weake patient. The Syrupes both of the Borage and Buglosse, are applyed in Phisicke, for the only purpose of comfortng.

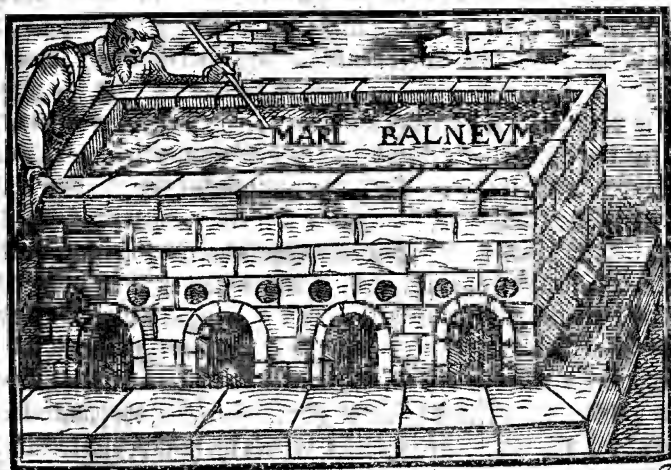
To such hauing weake Lungs, and a drie cough, the Buglosse stieped in Wyne and drunke, greatly preuaileth: for the roughnesse of the throte and cough, only applye or drinke (as Galen instructeth) the Buglosse boyled in Mulle, or water and Hony. The Buglosse stieped in Wyne, and tempered with Mellicrate, procureth after the drinking gladsonnes to the creature. It purgeth the redde Choller, proceeding of ouermuch heate, being often drunke with sweete Wyne. This drunke in the like manner, recoucreth the Cardiacke passion, yea it expelleth the noysome humoys of the Lungs.

The iuice of the Buglosse, remoueth the swelling of the feete, beyng drunke with warme water.

The Wyne for a time drunke, in which the Buglosse shall be stieped, doth preserue a good memorie.

The same wyne of the floures stieped and drunke for a time, not only comforteth greatly the heart, but engendzeth good bloud in the creature.

The figure of the fornace named Balneum Mariae.



The singular healpes and Phisicke benefytes of the distilled waters, both of the Borage and Buglosse.

The commended time for distilling of the Borage, is for the more parte, aboute the ende of the Moneth of May, when as it beareth floure, whiche wholly with the roote, stredde and brused, ought then to be distilled in such a like furnace & vessel, as here before is placed, named of the worthy Philitions *Balneo Maria*, for that the same more naturally distilleth all maner of delectable floures, and comfortable hearbes, than any other drie forname by Alhes doth.

The water distilled in this forname, drunke vnto the quantitie of two or thre ounces at a time, both morning and euening, dothe maruellously remoue and assuage, both the gripings and swellings of the bellie, yea this cureth *Dissenteria*, and the hardnes of fetching breath.

This water drunke fasting, vnto the quantitie of two ounces, dothe not only cōfort the heart and brayne, but rendreth a heale to memorie and witte, yea purgeth the rull bloud, and remoueth phrenselle.

This water easeeth the grieve and paine, caused by the sting and benoming of a Spider or Bee, by laying linnen clothes wet in it on the place. This with the redde Sarcenet layde on the eyes, dothe not onely assuage the payne of them, but procureth a cleerenes of sighte, yea the water applyed on the eares and necke, dothe remone the ringing and paine of the eares. The water of the Borage floures drunke, preuaileth by a like manner in all those griefes, as the water of the proper hearbe dothe, yet the water of the floures accompted the worthier, for that the same purgeth the bloud, expelleth *Melancholie*, and maruellously comforteth the heart. This also amendeth euery manner of distillation of the head, by drinking two ounces euery euening, before the going to bed. This drinke profiteth against burning Feuers, and the Jaundise, and drunke or applyed with linnen clothes wette in it, doth speedely coole and amend the heate of the Liver. The Buglosse oughte rather to bee distilled in the beginning of June, in the like furnace afore placed, named *Balneum Marie*. This distilled water drunke, profiteth all such, which are molested with the *Flire*, *Dissenteria*, the painful fetching of breath, and decay of minde, besides the penurie and troubled,

and



and those whiche are weake of brayne, if this be drunke morning and evening with Sugar, vnto the quantitie of two or three ounces at a time. This drinke preuaileth against all hote sicknesses, agewes, deu-  
faulces of the Lungs, the Liuer, and Spleene: it purgeth also the bloud, and  
remoueth the pricking about the heart and brest.

The water of the Hearbe drunke, amendeth the Fandise, cleareth the  
Leprie and Scabbies, and stayeth the swelling of the head. This ceaseth  
the paine of the head, and burning of the eyes, applyed with linnen  
clothes on the head or eyes, this in like manner bandled, remoueth the  
ringing or sound of the Eares. The Buglosse floures, and Hearbe, of  
eache two great handfuls, to which added of Sinamon foure ounces,  
a little brused before, these together distilled in Balneo Mariae, do yelde a  
most pretious water, for the comforting of the heart and brayne, if the  
same in the dayly taking, be drunke with the confectiō of Manus Chri-  
sti, made in tables with pearles.

What shall and secretes to be learned, in the sowing, removing  
and setting of the Marigold. Chapter. 9.



The Marigolde named of the Herbarians Calendula,  
is so properly tearmed, for that in euery Calends, and  
in each moneth this renueth of the owne accorde, & is  
found to beare floure, as wel in the Winter as Som-  
mer, for which cause, the Italians name the same the  
floure of euery moneth: but some tearme it y Sunnes

floure, or the folower of the Sunne, and is of some named the Hus-  
band mans Wyall, in that the same sheweth to them, both the morning  
and euening tide. Other name it the Sunnes Bride, and Sunnes  
Hearbe, in that the floures of the same followe the Sunne, as from the  
rising by the South, vnto the West, and by a notable turning obeying  
to the Sunne, in such manner, that what part of Heauen he possesseth,  
they into the same turned behold, and that in a clondie and thicke ayre  
like directed, as if they shoulde be reuiued, quickned, and moued, with  
the Spirit of him. Such is y loue of it knowen to be, toward that roy-  
all Starre, being in the night time, for the desire of him, as peniue and  
sadde; they be shutte or closed together, but at the noone time of the daye  
fully spred abroad, as if they with spred armes lodged, or diligēly atten-  
ded, to embrace their Bridegrome. This Marigold is a singular kinde  
of



of Herbe, sown in Gardens, as well for the potts, as for the decking of Garlandes, bewisping of Polegayes, and to be worne in the bosome.

The Seedes of this floure, are commonly bestowed in a husbandly and well dressed Earth, but this rather done by the counsell of the skilfull in the increase of the Moone, whereby the floures may growe the bigger and broader. But to procure the floures to growe the doubler, bigger, and broader, the owner ought to remoue the plantcs often, and to set them in new beddes, lying in Sunny places, heerein considering at those times of remouing, that the Moone bee increasing so nigh as you can.

Besides some will, that many Seedes be put together into one hole, in the first quarter of the Moone, and to be sundry times watered, in the first coming by of them, vntlesse the moisture of the aire otherwysc healpe.

These after certain leaues spring vp, if they be oftē remoued & clipped by due course of the Moone, yeeelde a bigger, broader, and larger floure, and they yelde alwayes more floures in the Harvest, than in the Spring time.

*The Phisicke benefytes and healpes of the Marigolde.*

**T**he iuice of the Hearbe and roote, applyed by in glister forme, recouereth in short time the Palsie members. The floures and leaues dried, keepe vnto vse, for if a woman deliuered of childe, the after burden come not, kindle or burne this Hearbe and floures, dyed with ware, and with the same make a smoke belowe, for this is a sure and laudable experiment, to bring them downe (the childe afore deliuered) as the learned Brumfelsius reporteth. For the pappes of women swelled, through the stopping and stay of the redde, minister the floures with Spikenard and Myne, in that the same craeth or aswageth, and prouoketh the monethly course.

The floures of the Marigolde boyled and drunke, stayeth the fluxe of pissing blood.

The iuice of the leaues wynged forth, and dropped into the eares, killeth the wormes.

The kindes of the rootes dyed, brought into powder, and applyed on fotole

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# The Gardeners Labyrinth.

33

boyle pulles, do heale them in short time.

The rinde of the Marigolde pierceth and digesteth euill humors, whiche boyled in Wine and drunke, helpeth the stopping and other griefes of the Liuer.

The floures of the Marigolde steeped in Vinegre and Salt, and reserued, reteyne their proper vertue for two yeares.

These comforte the stomacke and procure an appetite to meate, yea they consume the humors of the stomacke, and heate a colde breast.

The said iuice of the floures mixed with a little pure vinegre was ained, and rubbed well on the Teth and gummies, is a soueraine reme- die for the aching of the grievous paine of the Teth.

The iuice of the floures drunke vnto the quantitie of two ounces at a time, in the fitt of the Plague, shall speedily be shopen, if the patient (after the drinking of the iuice) lying on bedde, be well couered with clothes, to sweate thoroughly. The conserve of the floures is a prepa- ration against the plague. If seauen graynes waight of the iuice of the floures bee drunke with three ounces of white Wine, and repeated sundry mornings, it helpeth the quartaine.

The powder of the rindes of the rootes of the Marigolde, mixed with the iuice of Fennell, Wine, and a little Oyle, and boyled vnto a thicke nisse, to whiche a little waie added for the after making of it an opht- ment, and so applyed on the White or colde stomacke, dothe greatly profite.

The commended heales of the distilled water.

The worthy Hieronymus a most expert Herballian reporteth, that the distilled water of the Marigolde floures, drawn in Balneo Marie, do recouer al defaultes of the eyes, whether these proceede of heate, or through colde caused, and to procure cleere eyes, besides the putting a- way of all griefes of the head.

What that Industrie and secretes to be learned, in the sowing and ordering of the Parsellie.

## Chapter. 10.

The Parsellie in the bestowing in the Earthe, requirerh small la- bour and diligence, and loveth a stony and Sandy Earth, so that

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that the same needeth small fatning, whereby it maye well agree to be sowne in shadowie places, there to the 12. of October in the Garding, and this specially requirerh much watering, to the speedier shooting vp. The olde Seedes, if we may credite *Theophrastus*, doe sooner come vp, yea, and the eler Seedes are better for the thurne: the plantes shot vp, do endure a long time without sowing any more, in such condition, that the owner of the Garden shall not neede to sowe, or set of the plantes agayne, for foure yeares after. The Parsley which hath growe a yeare, it sendeth vp or beareth stalkes and Sticks, and a realow like flower. The new Seedes of the Parsley committed to the Earthe, doe most slowly come vp in beedes, in that these not before the fourth, yea fifth and sixth day after the sowing, do for the moore part appeare, as the learned *Plinie* reporteth, yet this tale and commoditye consisteth, that once sowne and come vp, as above vetered, it yieldeth a newe sate of the owne seedes, without renewing for many yeares. The Seedes as the worthy *Napoli* *Rutillius* witnesseth, toy in any earth, and as well in the colde, as warme places, tanyng the Seedes in the first comming vp require much moisture, through which watering, they come so speedily strong, that after theye be not growne hindered there. Both the Seedes and plantes (as *Columella* instructeth) maye prosperously be bestowed, to increase the speedier, there to Springs and little running waters. If the owner of the Garden would have the leaues growe verie broade then let him attende to the words of the worthy Grecke *Florentinus*, who willett to take vp of Parsley Seedes at one tyme, as muche as can handsonly be holden betwene three of the fingers, and these after the tying vp in a thinn, or well worne linnen cloth, to be set into a shallowe hole with dung handsonly mixed in the Earthe, which on suche wise handled, will after come vp and growe with so large a leafe, for the increase of al the Seedes wil then be ioined, & shate vp together in one blade, as the worthy *Rutillius* hath noted, and before him the singular *Columella*. But y<sup>e</sup> Parsley shal growe biggest, (as the worthy *Florentinus* reporteth) if y<sup>e</sup> owner by digging about y<sup>e</sup> rootes, bestowe chaffe about them, & after y<sup>e</sup> couering with light earth, to water the well & often. The Parsley may y<sup>e</sup> Gardener cause to growe crisped in leafe, if he thrust and bestowe the Seedes a little before the sowing in a ball stuffed with them, whiche broken somewhat with a staffe, and as they

were spoiled, committe them (as Columella willett) to the Earth: and  
 ¶ The Gardener otherwise with lesse paine may procure them to  
 growe crisped, in what manner soever they be sowne, if he turtle on the  
 bedde and plantes a round stone, or bigger rolle, as soone as the plantes  
 bee somewhat grown vpp about the Earth: and the like may the ow-  
 ner doe with the plants come vp, if he treade them often downe.

The best commended time, for committing of the Seedes to the  
 Earth, is from the middes of May, vnto the Summer solstice to June,  
 in beddes thicke together, and to be often watered, for that these speedy-  
 er encrease and come forwarde, through the heate in the same season. If  
 the owner or Gardener would haue the Seedes sooner breake and  
 shote vp, let him infuse the Seedes for a certaine time in Vinegar, whi-  
 che bestowing in a welllaboured Earth, all halfe the beddes with others  
 of the Beane coddies. After the Seedes are thus sowne, water them  
 often and lightly with a small quantitie of the best aqua vite, and  
 soone after the sprinkling and moistning of the Beddes, couer the beds  
 ouer with some peece of wollen cloth, to the ende the proper heate in-  
 creased, breath not away, for by that meanes, the plantes within one  
 houre will begin to appeare, so that the owner must then take off the  
 cloth, and sprinkle or moisten the plants appeared oftentimes, where-  
 by they may the sooner shote vp into a high steame of Blade, to the  
 wonder of the beholders. To florentinus, doe Iunius Columella, Plinie,  
 and Rulilius agree, that there are two kinds of the Parsley, as the Male  
 and Female, the Male (as they describe it) hath blacker leaues, and more  
 fetter: but the Female possesseth crisped leaues, and hard, a bigge  
 stemme, in tall soure and hot: but neyther of these two doth Dionisius &  
 Christippus y Philition, allow to be eaten with meate, as Plinie writeth:  
 Although the same muche vled in Plinies time, as at this day, bothe in  
 brothes & lawces, for a better delight and appetit. They report, y by the  
 often eating of the Female blades, wormes engender in the body, and  
 y the female eaten, doth procure the woman barren, as y Male he ma.  
 And further, y Parsley eaten of women with child, doth cause y birthes  
 to haue the falling sicknes, yet they asseure the Male to harme lesser, so  
 y for the same it was not altogether disliked nor condemned of the an-  
 tient, among the wicked fruites. Therefore it is not to be marvelled at,  
 if Plinie Philition do abuse & warne peritors, hauing y falling sicknes,  
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and women with child, not to eat  $\bar{y}$  Parsellie: To these, if the Greeces  
forbad Pourses, and women with child the eating of Parsellie, with  
meate, although another occasion may also ensue of the same, that it  
may hinder womens Milke Springs, and extinguishe the coming of  
milke: besides that, this procureth the eaters of it, vnto the venereal acte,

Certaine repozte, that the sicke fleshes in Pondes, are mightily reco-  
uered and made lustie, through the Parsellie layd in them.

There is nothing that doth like sweeten the mouth, as the freshe and  
greene Parsellie taken, so that the Earbe often eaten of them whyche  
haue an unsauerie or stinking breath, sendeth forth an odious smell to  
be abhorred, dothe in shorthe time maruellously recouer and amende the  
same: A matter very commendable and necessarie, both for Maydens  
and widowes, to deceyue their wondres, by the chawing and bearing a-  
bout of the Grene and freshe blades, whereby they may so remoue for the  
presente the strong smell of the breath, yauing or otherwise issuing  
forth, and by the custonable eating, send forth a sweeter breath.

Sundry in times past, preferred the blades of Parsellie in a pickell,  
vnto vse, whiche receyued or conteyned two parts of Vinegre, and  
third part of Brime, in this is the use of Parsellie.

The Phisicke benefites and helpes of the Parsellie.  
The Garden Parsellie is hote in the beginning of the thirde degree,  
and drie in the second, or is heateth and drieth by nature in the second  
and third degree. The iuice of Parsellie, Turpentine, Wheaten Meale,  
and the Oyle of Roses, artely mixed and boyled together with a litle  
quantitie of sarcocolla, of which by arte, an abstersiue or clenfer made,  
doth most perfectly cleaue and incarnate  $\bar{y}$  bleers of Carbuncles, and o-  
ther impostumes. The Parsellie boyled with leaues of the Coleworthe  
and Melilot, of whiche a plaister made with Omeale, Oyle of Ca-  
monille, Dill, and Oyle of Roses, and applyed, doth maruellously  
resolue the impostumes of the pappes, caused through the rankling of  
Milke stayed backe, by part drying, by the Milke, and part by purging  
the same.

The Parsellie eaten eyther rawe or sodden, doth amend the stopping  
of the Lyuer, prouoke Urine, stayeth loosenes of the Bellie, and hath a  
propertie in strengthening of loose partes.

The Parsellie also hath the nature of peacring, for whyche cause it  
moueth



# The Gardeners Labyrinth.

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mouth byrne, and very much picauleth againste the Stone, as wel the  
seed, as roote.

Feed & grow

The Greeke Florentinus writeth in his husbandrie, that the Parsely  
with crummes of bread, applyed in the steele of a playster, doth heale  
the Shingles, but the decoction of the same drunke, to breake the stone,  
and the like to perforce by applying outwardly.

Anthelm  
gesting  
stone &  
in playst  
Kidneys

To these, for such hardly making water and diseased in the kidneys  
to helpe a swel by the leafe, as by the roote.

The blacke spottes to restore to the proper colour, if the decoction of  
the seedes be applyed vpon, and to soften the hardnesse of the pappes, by  
applying the leaues bruised on them.

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Plinie writeth, that the bruised seedes annoynted with the whyte of  
an Egge, or the seede boyled in water and drunke, to amende and  
helpe the kidneys, and bruised in colde water, to profite and remoue the  
blers of the mouth, this also with olde wyne ministred, to breake the  
stone in the bladder, which liketh the roote perforce.

kidneys  
drinking  
dec of seed  
blers mou  
Bladder  
saund

This profiteeth giuen for the Jaundise in white wyne, and to  
such women whose monethly courses doe not orderlye proceede, or be  
stayed.

saund  
7-1112

This is worthy to be noted, that the rawe Parsely yeldeth sweeter  
waters in the drinking, as the worthy Plinie hath noted, and to the  
mouth (as Galen writeth) the same pleasant and very delectable to the  
Stomacke.

sweete  
water  
stom del

The seed taken in meate, doth expel winde in the body, the same bru-  
sed and applyed on a soule Scabbe, doth very wel cleanse, and procureth  
a fayre skinn.

wind  
scab

The seeds eaten, doth remoue the swelling of the stomacke, and pro-  
fiteth the dropic men, in that the seeds drye and peatee the euil humors,  
and consume them.

swells  
stom  
dropic

The Parsely profiteeth those persons, which haue gotten the Leprie of  
Pneumaticke humors. It cleanseth the Liuer, and remoueth the payne  
of the Loynes and Bladder.

loyns bladder  
the

A sauce prepared of the Parselye, wyth Sorrell and vyner  
myxed together, and eaten, picauleth agaynst the burning of a  
fever.

A buy

If after the drying of the Parselye rootes, and beaten synelpe to  
ponder.



pouder the same, be mixed and drunke with the purest wine, both not only procure a sounde brayne, and persue memozie, but purgeth the blood.

The Seedes (after the agreement of the best writers) are principall in the causes of Phisicke, the rootes next to them, and the leaues as third in working.

The rootes, Herbe and seedes of the Parsely, applyed in meate and drinke, do procure brine, remoune the stone of the Lonyes drawe downe the redde, dissolue winde in the bodie, take awaye the gripings of the bellie, aswage the strangurie, paine of the backe, grieve of the Kidneys and bladder, and swelling of the stomacke.

The person bitten of a mad dog, by boyling and drinking the decoction of Parsely, and applying a playster made of the seedes and Herbe shal be speedily holpen.

The Phisicke helpes of the distilled water of Parsely.

The commended time for the distilling of Parsely is in the beginning of September, and that the fresh rootes and Herbe, with the whole substance be distilled together in Balneo Maria.

The water of the Parsely drunke vnto the quantitie of three or foure ounces at a time, morning and evening, for thirtie or fourtie dayes together, profiteth against the stone of the kydneyes and Lonyes, purgeth the kydneyes and bladder, and greately moueth forwarde the brine.

The water drunke in the same manner, helpeth digestion, procureth an appetite to meate, purgeth the Liuer, easeth the strangurie, and where so euer thys water is annoynted on the head or bodie, heares do soone after shedde.

What skill and diligence required, in the sowing and ordering both of  
the Garden and wilde or running Time.

Chap. II.



**T**he Garden Time, although it seeme better to agree, to be placed nigh to Beehives (for the commoditie of Honye) than in Gardens, yet our purpose is here, somewhat to write of the same, in that this is so carefully bestowed in Gardens, as well for the commoditie of meates, as for the decking of Barlanders.

There are found to be, two Kindes of it, the one white with a woody or hard roote, growing on little Hilles, which is accompted the worthiest.

The other aswel in kinde, as floures blacke, which *Actius* (in meates) disalloweth, for the same inwardly receyued lightly putrefieth, and increaseth Cholericke humors.

The Tyme of the Garden growing bushie, and full of slyppes, is seeme to shoote up, two handfuls high, being most sweete and delectable of savoure, and decked with a number of smal leaues, bearing also purple floures, tending to a whitenesse, and the toppes after the fourme of Antes bending in bodie. The Garden Tyme better cometh forward, being bestowed in a lean and stony ground, for which cause, it neyther d. st. reth a fatte nor dunged Earth, but is to be placed in a Sunny and open place. This wel ynough prospereth, being bestowed in beds, either in the seede or plant, but this speedier cometh forward being only set yea, this increaseth, being set againe with the floures bearing, as the singular *Theophrastus* writteth. The owners of Hives, have a perfitt foresight and knowledge, what the increase or yeelde of Honye will be euerie yeare, by the plentiful or small number of floures growing and appearing on the Tyme about the Sommer solstice. For this increaseth and yeeldeth most friendly floures for the Bees, which render a colour and savoure to the Hony.

The laide *Theophrastus* writteth, that the floure of Tyme (spreade abroad) is destroyed and dyeth, if a big shoure of raine happen to fall.

The worthy Neapolitane *Rutilius* in his husbandrie instructeth, y the whole plant is to be rather set than sown, about the middle of Aprill in a well laboured Earth, lying open to the Sunne, and that the same may prosper and come the speedier forward.

Hee willett the owner to water the Plantes of time, or to moysten them al a day with water finely sprinkled on the beddes, in that the tyme so fast dzyneketh in. If the owner or Gardener woulde possesse y<sup>e</sup> seedes, he must diligently gather the floures (in whiche the seedes are contained) and not labour to separate the one from the other.

The running Tyme ioyleth to be set or sown neare to springs of water, as by a Well, or Ponde, for on such wise bestowed in the Earth, the same yeldeth the fayer leaues. This neyther requireth, a fatte nor dunged Earth, but only to be bestowed in a Sunny place, and ioyleth, in the often remouing. The running time doth many tymes procede or come of the Basil, rudely or wythout care bestowed in the Earth.

The Phisicke helpes both of the Garden and running Time.

The Garden Tyme heateth and dzyeth in the thirde degree.

The Tyme after the well dzying, brought to fyne powder, and giuen vnto the quantitie of foure drammes at a time, with a draught of Oximel (or vineger and Hony boyled together) not only remoueth the ioynite sicknesse and ache of partes, but purgeth Choler, and all other Humoures. The like quantitie gyuen, helpeth the passions of the Bladder.

The fyne powder of Tyme, ministred vnto y<sup>e</sup> quantitie of one drame at a time, with a sponesfull of water and Hony wel mixed together, preuaileth in shorte time, agaynst the swelling of the Bellie.

The powder taken, vnto the quantitie of thre drammes at a tyme, with a draught of Mellicrate, remoueth the griefe of y<sup>e</sup> Hypys, alwageth the payne of the Loynes and sides, amendeth the breast, and the inflations of Hypochondria or the flankes.

The powder giuen, vnto the quantitie of thre drammes at a time, with a draught of Oximel fasting, doth maruellously helpe the Melancholicke, the troubled in minde, and feareful.

The powder ministred vnto the quantity of thre drammes at a time, with the best white wine, both morning and evening, doth marvellously cure the blearednesse of the eyes, and the vehement payne of them.

This

# The Gardeners Labyrinth.

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This powder in like quantitie vsed to good wine, aswageth y<sup>e</sup> griefe of cold and the colde Goutte and the deadnesse of moving, and helpeth the stiffnesse of Limmes, drunke morning and euening. *shewes of cold moving*

The powder drunke morning and euening, vnto the quantitie of three drammes at a time, with a draught of Oximel, doth in short time aswage the swelling of the Testicles: these hytherto Aetius. *swelling*

The powder drunke with white wine, morning and euening, vnto the quantitie of halfe an ounce at a time, not onely moueth vyne, and purgeth the Bowelles, but sendeth downe the after burden, and Cures in women. *urine. ferve*

The forme of a Sirupe made of the Tyme with Pure Hony, artly boyled, and drunke fasting, doth in short time amende the harde fetching of breath, and remoueth all other griefes of the breast, through the spilling forth of the corrupt matter. *short time*

The powder is thoughte to helpe greatly the clearnes of sight, being sundry times taken with meate: but y<sup>e</sup> Time ought moderately be vsed, in that (through the often eating) it mightly heateth. *regardet*

The time given to such hauing the falling sicknes, greatly anayleth in that through the smelling to it (in the time of the fit) they are much reuiued, but suche oughte to sleepe for a while on the softe Beddes of Tyme. *falling*

The leaues fynely beaten and strewd on wolle, and with oyle applyed on loose partes of the bodye, myghtily preuaileth, and on burnte or scalded places, to great purpose annoynted with Barrowes grease. *good for burns*

Here conceyue, that the Tyme which is blacke (as afoze vttered) is altogether to bee refused, and onely to vse the same bearing a purple floure, and tending to a whitenesse, is best commended for all purposes. *purple floure*

The running Time sown in Gardens, is by nature hotte and dry, and this somuche heateth, that it both moueth vyne and the redde, yet the same is slower in taste, as the worthye Whistion Galen witnesseth. *blacke by nature*

If any drinke the fyne powder of the running Tyme with pleasant wine, morning and euening, for a certain time together, doth break the stone of the kidneys and Bladder. The Herbe layed on the sting of *stone*

# The seconde parte of

39

a Bee, speedily helpeth it.

The Herbe boyled in pleasant wine and drunke, healeth the bit of an Adder or Snake, the smoke of the same, driueth away venemouse wormes. This Herbe boyled with vineger and Honey, and drunke vnto the quantitie of a draught at a time, proacteth the spitting of bloude the iuyce of the Herbe drunke, persourmeth the same, being mixed with vineger, and drunke vnto the quantitie of foure ounces at a time.

The Hearbe stayeth the Remme and stillings of the heade, coming of a colde cause, it likewise amendeth the cough and colde stomacke, if the same be taken morning and evening, with good white wine.

The Herbe steeped in Rose vineger, and brused, being with the oyle of Roses diligently fryed and annoynted, doth speedilye remoue the headache. The same oyntemente applied on the heade, amendeth Frensinesse and the Litharge or often slumbering.

The Herbe boyled in wyne and drunke, openeth the stoppings of the Luer and Wylde, and moueth vyne: thys drunke in wyne sendeth downe the termes, and causeth vyne, and recouereth the hytte, of venemous beastes. The same boyled in wyne and oyle, aswageth the swelling in the throte, if the throte bee dayly applyed with it.

The Herbe boyled in wine, with the iuyce of Licoraz, recouereth the cough, and purgeth the breast: the iuyce of y<sup>e</sup> same drunke with vineger, vnto the quantity of two drammes at a time, stayeth the bloudie vomisings.

The Herbe boyled with Annys seedes in wyne, not only brateth the stomacke, but remoueth wynde in the Bowels, and easeth the Strangurie. The Seede in wine, doth greatly moue vyne, and expelleth mightily the Stone.

The



The worthie helpes of the distilled water of the  
running Tyme.

The Hearbe, Stalke and roote, wyth the whole substance Chedde,  
ought to be distilled in Balneo Maria, about the ende of the moneth  
of June.

The water of the running Tyme, drunke morning and evening vn-  
to the quantitie of thre ounces at a tyme, doeth not onely strengthen  
and amende the heade, brayne and stomacke, but procureth an appe-  
tyte to meate, remoueth the noyse or rumbling of the bellie, softneth  
the hardnesse of the stomacke, and mounth forwarde the byrne.

In the lyke manner it drunke not onely comforteth the sighte, and  
consumeth humoures and the distillations of the heade, but myxed  
with the water of wormewood, and drunke, helpeth a Quotidian A-  
gue. The same drunke to the quantity of thre ounces at a tyme, amen-  
deth a cooled Liuer and Spylte, and recouereth or healeth the bowelles  
exulcerated.

This in like order drunke, openeth the stopping of the Porethylles  
and eares, restoreth hearing, helpeth gyddinesse, stayeth the desire to vo-  
mitte, and expelleth the grypings of the bellie and bowels.

This drunk sundry tymes, both morning and evening, breaketh the  
stone, and moueth byrne. This water applyed with a linnen cloth on  
bruised members, doth in shorpe time cure them.

What skill and diligence is required in the sowing  
and ordering both of the Wyntes  
and Hoirhocke.

Chap. 12.

The Garden Wynte desireth to bee bestowed, neither in a  
tunged, nor fat erth, but rather in an open, and Sunny  
place: yet this best togeth in a moyse place, or by some  
will. And where the like is not, the Wynte in y ground  
ought to bee often watered in the first bellowing in the  
earth, or this otherwise in short time withereth and dyeth.

A. ii. The



The Minte ought to be set in the roote or whole stemme, in Harneſt or in the ſpyng time. The owner or Gardener lacking or not hauing the Minte ſeedes to ſowe, may in the ſtede of them, vſe or beſtowe in hyſ groundes, the ſeedes of the ſelde or wilde Myntes, in ſetting the Harper endes downewarde of the ſeedes, whereby to tame and put awaye the wildeſſe of them. This plant wel growen by, needeth not after to be renewed or ſown euery yere, in that once ſown or planted, it after commeth by yearly of the owne accorde. And for the delectable ſauoure which it enioyeth, much deſired and vſed, both in Brothes and Sallets.

But thys plant after the coming by, maye in no caſe bee touched with any Iron inſtrument, in that the ſame ſone after dyeth. Thys plant flouriſhing in the Sommer, becometh yelowiſh in the wynter time.

The Holyhocke or greater Mallores of the Garden, as Ruellius out of the learned *theophrastus* affirmeth, doeth often ſhote vpe into the ſourme of a tree, and waxeth ſo great, that the ſtemme or bodye of it may ſerue to the vſe of a ſtaffe, which ſendeth forth bigge ſtalkes, and leaues both large and rounde.

The floure of this plant for the proper time flouriſhing, is named *y* winter Roſe, in that this plant yeldeth floures like to the Roſe, from the beginning of Harneſt, vnto the winter time, which floures both of *y* red and white, leſſer than the fading or vaniſhing Roſe, longer indure and inioy force.

This Roſe of the auntient Greekes, was named *Mofox*, in that the leaues (as *Columella* reporteth) turne about with the Sunne, which at noone time of the day are fully opened. The auntient Romaynes did alſo name it the ſowen or Garden Mallores. The comon people in time paſt greatly pleaſed w<sup>th</sup> the beautie of *y* ſame, named it *y* beyda ſea Roſe. For in comelines, nether of the giueth place to *y* Roſe, which if the ſame inioyed a ſauour, it were not inferioure to the Roſe, ſeing in colour they be equall in bering of the red carnation and white, ſo *y* in ſauoure the Roſe only excelleth.

This for the worthy comelyneſſe and beaunte, to bee ſette in windowes, is at thys day diligently ſown and ſette in Gardens.

The worthy *Rutilius* (in his treatiſe of the Garden) inſtructeth, that the

the Seedes to be committed to the Earth, ought rather to be bestowed aboue the middle of Aprill, in a well dunged and fatte ground, and to be often watered, untill the plantes be well sprung vp.

The skilfull Columella in his Husbandrie bittereth, that this rather to be bestowed in a fatte Earth, well turned in with dung, and that most dung be layd about the rootes of the yong plantes, in the setting againe, whiche the sayde Authoure willet to remoue, after foure leaues are well growne vp aboue the Earth.

This learned Columella writing of the holyhoke, reporteth, that the floure (as the Marigolde) openeth at the rising of the Sunne, full speed at the Rone time, and closeth againe in the going downe of the Sunne.

*The Phisicke benefites and healpes, both of the Mint, and Garden Malowes or holyhoke.*

The Garden Mint is reported to be hote and drie in the seconde degree, and this in medicine oftner used drie than greene.

The worthy Florentinus a singular professor of the Greeke instructions of Husbandrie, writeth, that the Mint for the same, might well be accounted an vnprofitable Herbe, seeing the Herbe applyed on a wound, defendeth the same from waxing whole, and to come to a skarre.

If the Mint be put into Milke, it neyther suffereth the same to soure, nor to become thicke, in somuch, that layde into courded Milke, this woulde bring the same thinne againe, so that by the same vertue and propertie, he sayeth to resist and abate the generation, as well in Man as woman: But others of a contrarie minde defending the Herbe, accounted it very hollesome, and beneficiall to man.

If the Herbe boyled in Wine and Oyle, be applyed on the Pappes of the newe milch Woman, doth not after suffer the Milke to coude, nor to be thicke, and the Milke courded, to become thinne again, whereby it amendeth the hard and rancled breasts, in daunger to breake, thorough the Milke courded. For whiche cause, this Herbe is wittily added in the potions of Milke, that in the courding of the Milke within the stomacke, no perill of strangling thzough the benefite of thys Herbe

dry 2d deg

hind sore  
healing

abates  
rule of  
milk to  
disorder  
coured  
other econ

so benefi  
to be laid  
breast  
governt  
milk  
or curre

might enſew.

The Juice or water of the Hearbe, drunke with the iuice of the Pomegranat, ſtayeth the reſting or belching of the ſtomacke & vomiting as the worthy Democritus in his Husbandrie hath noted.

The Mint broughte to fine powder, and miniſtered in Milke, profiteth againſt the long wormes in the body.

If the ſwollen priities, bee often ſcoupled with the decoction of the ſame, it doth in ſhort time remoue the ſwelling of them.

This drunke in water with Amylum, aſwageth the force of the painfull ſhure of the bellie, and ſcouring with blood: beſides, it ſtayeth the over greate courſe and ſhew of the reddeſ in women, and the ſame healeth blcers on the Infants heads.

The ſauoure of this quickeneth the ſpirites and minde, and the taſt worketh an appetite, and earneſt deſire to meate.

The iuice of the freſhe Hearbe drawn by, amendeth the defaulte in the Noſethilles, which alſo in the paine of the head, and beating of the Temples, is profitably annoynted.

The iuice of the Hearbe applyed with Vineger, retaineth and ſtayeth the inward courſes or Fluxes of blood.

The Minte after the bruſing with the Oyle of Roſes, applyed in plaſter forme on harde pappes, whiche bee ſwollen through the Milke, doth not onely ſoften, but defendeth them from mattering.

The Hearbe eaten with Vineger, looſeth the bellie, but dayly eaten for a time together, dothe maruellouſly procure a ſeemely colour to that creature, and this Hearbe at any time uſed, is very profitable and holeſome.

The iuice drunke with vineger, profiteth the ſpitting forth of blood: the ſame annoynted on the forehead, dothe aſwage the griefes of the head: the iuice with Hony and water applyed, remoueth the paine and noyle or ringing of the eares. The iuice tempered with Hony, and annoynted on the eyes, remoueth the moiſtneſſe and dimneſſe of ſighte.

The Mint after the boyling in Wine receyued, amendeth a ſinking or ſtrong ſauour of the mouth: the mouth after the adding of Vineger to it waſhed diligently, not only helpeth the teeth, but purgeth the mattered Gummies: If the teeth in like manner be waſhed faſting, with the decoction of Mintes, it letteth the mattering of the Gummies. The decoction

coction in Wine, with a little Vineger added, remoueth (through the sundry times taking) y<sup>e</sup> blistering of y<sup>e</sup> tung, proceeding of heate. The Hearbe also tempered with Vineger, and annoynted nere and aboute the eyes, doth in short time remoue the spottes in them.

The Mint in colde sickneses, yeildeth a mightie comforting reioy- ceth the minde, and stayeth the will to vomite. The iuice after the mix- ing with Vineger and Spinstone, annoynted with a feather on the Shingles, doth with expedition ceasse the paine.

The Hearbe boyled in Wine, aſwageth the payne of the bowels and Kidneys, and boyled in Wyne with Oyle, beyng applyed in play- ſter forme, doth both diſſolue and cure impoſtumes.

The Phiſicke benefites of the Holyhoke, do heere enſewe.

The Malowes of the Garden or Holyhoke, is the like moſt by na- ture, as the other kindes of Malowes, and ſerueth as well to out- ward, as inward griefes.

The Herbe, roote, or Seedes, boyled in eyther Milke or Wine, and orderly drunke, doe remoue a hote cough, reconer the Lungs bliſtered, and is a ſingular remedie againſt the conſumption of the Lungs.

The Holyhoke boyled in eyther water or Wine, and tempered wpth Honey and Alumē, if the ſame decoction be gargalled and holden for a time in the mouth, doth ſpeedely cure the bliſters and putrified ſores of the mouth and throte.

The leaues of the Holyhoke, after the boyling with meate, eaten with Sallet Oyle and a little Salt, loſeth the bellie, and amendeth the hoarſeneſſe of voyce: The roote and Hearbe, boyled vnto the con- ſumptiō in a manner of the water, wil leane a clammineneſſe aboue, which applyed on any impoſtume, ripeneth & ſoftneth the hardnes of the ſame.

The commended healpes of the diſtilled water of the Holyhoke.

The diſtilled water of the Holyhoke Roſes (in Balneo Mariae) gargel- led, or applyed without with linnen clothes, is greatly commen- ded for the breakings out of the mouth, and profiteth as well agaynſt the outward as inward heates: beſides, curcth the Shingles and blcers of the throte, and all other ſwellings.

The ſayd water often drunke, is a pretious water vnto all inwarde heates of Feuers, in y<sup>e</sup> ſame cooleth & ſoftneth all impoſtumes of the Lungs

*side*  
*center*  
*peace of*  
*the*  
*bladder*  
*urine*  
*leaves*  
Lungs and sides. It healeth and mitigateth the perillous fire Disenteria, the hote swellings of womens places, the Kidneys and Bladder. This asswageth the payne of the Bladder, expelleth the stone, purgeth the Kidneys and Bladder; beeing drunke for a time morning and evening.

The water applyed on y<sup>e</sup> Temples in a hote Feuer, procureth sleepe, if the feete of the patiente in a hote Feuer, be bathed with it, procureth rest, and ceaseth thirst.

The commended benefytes of the distilled water  
of Mintes.

*perfection*  
The Herbe with the stalkes finely shredde, ought diligently be distilled in Balneo Marie, about the middle of May.

*fruit*  
*urine*  
*ch. vom.*  
The water drunke morning and evening vnto the quantitie of three ounces at a time, strengthneth the stomacke, and digesteth the meate receyued. The water drunke in the same manner, profiteth against the stopping of the Liver and Milt. It openeth also the wayes of Urine, as of the Kidneys and Bladder.

The water in like manner drunke, procureth an appetite to meate, stayeth belching and vomiting, the like bothe this applyed without on the stomacke. The mouth often washed with the same, recouereth a stincking breath, and putride gummes.

*fresh*  
The water drunke stayeth sounding, and giddines of the head. If any taking a slice of Barlie bread, and steeping it in this water, tempered with Wine or Vinegre, shal applie the same warme to the Nose thills, the sauoure incontinent yeldeth a maruellous refreshing and strengthening of the feeble person.

*red milk*  
*meat*  
*meat*  
The water in like quantitie drunke, purgeth the Matrice, and a linnen cloth wet in it warme, and applyed to the priuie place, like preuaileth. The water applyed on hard pappes, dissolueth the milke coagulated in the, the same for a time drunke, healeth the ruptures within, both of olde and yong persons. The water after the mixing with Rue and the Coliander, gargelled in the mouth, restoreth the vula fallen. If of the Herbe steeped in Lie, be washed on the Scabbes of Children, healeth them speedlie.

This



This like drunke, profiteth againste woynes, drunke with wyne,  
comfourteth and heateth a colde stomacke.

What care and skill is required in the sowing and worke  
manly ordering of the Artochoke.

Chapter. 13.

**T**he Herbarians write the Artochoke to be a kind of Chi-  
skill, of them named, the Chisill of the Garden.  
The Artochoke which befoze grow wilde in the fieldes,  
came by diligence (for the benefite of sale) to bee carefully  
bestowed in the Garden, where through trauell, broughte  
from his wilbenesse, to serue vnto the vse of the mouth and bellie. The  
Artochoke growing with thicke scalie eares, in forme to the pinaple,  
and sufficiently known to most persons, ioyneth in a loose and dunged  
earth, yet the same better commeth forward, being bestowed in a fatte  
ground, and by that meanes defended from Moles, as the worthy Ru-  
tilius reporteth, but sowne in a fast Earth after their growth, be not so  
lightely digged vp of an enimie. The sayd Rutilius willeth the Seedes  
of the Artochoke, to be committed to the Earth in the moneth of March,  
the Moone then increasing of light, and that in beddes well dunged,  
and workemanly prepared, which bestowe in the Earth halfe a foote a-  
funder, yet these not deepe put, and in such maner deale with the seedes,  
that taking so manye vp, as you may handsonly with three fingers  
thrust or set those vnto the middle ioyntes in the Earth, couering them  
lightely with loose Earth, which if hote weather happen to ensewe, the  
Gardener with diligence must water the plantes for a time, for the  
plantes on suche wise handled, will yeelde a tenderer fruite and fuller  
head, as the worthy Varro reporteth, yet maye not the owner hope or  
looke for frutes or heads to come to their full growth and perfectnesse  
for the eating in the first yeare. If the Gardener would bestowe seedes  
to profite, hee ought to make little furrowes on the bedde, well a foote  
distant one from the other, being in breadth and deepenes of halfe a  
foote, which after fyll with olde dung finely broken, and blacke Earthe  
in like manner small, in whiche so handled, bestowe the Seedes to the  
depth of the middle ioyntes, and after couer them lightely with fyne  
Earth, not pressing or treading it downe. And as soone as the plantes  
haue

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haue yeldd forth leaues sufficiente greate, the owner ought to water them often, and to continue the lyke watering in a grounde very drye until the herbes yeld oʒ send forth heads both tender and sufficient big, when the plantes shal be wel growne vp, the Gardener must cleane and purge dayly the beds of weeds, & dung about the roots of the plants (if he wil credit *Columella*) soze of ashes, for y<sup>e</sup> kind of dung the said authoʒ reporteth to be most apt and agreeable to that poherb, of whiche by the kinde of the dung, this hearbe taketh the Latine name.

The owner oʒ Gardener must haue a special care, that he bestow not the seedes in the earth with the contrary ends downeward, for these will bring forth Artochokes crooked, weake & very small, if we may credite the *Neapolitan Rutilius*. If the owner wold haue the herb yeld beds oʒ Artochokes without prickles, hee muste after the instructions of the Greeke writers of husbandry either brake the sharpe ends of the seedes, oʒ make bluntee the prickles (before the bestowing in the earth) on some stone rubbed, whiche also many asstme to come to passe, if the Gardener paring off the rinde of the Lettuce roote, and shreading oʒ cutting the same into many small peeces; do he after the bestowing of the seedes into eche pece, diligently set these a fote distance asunder, wil after yelde heads the lyke.

The Gardener shall possesse Artochokes of pleasaunt sauoure, if he laye the seedes to steepe for thye dayes before the sowynge, in the iuyce of the Rose oʒ Lillie, oʒ oyle of bayes, made with the sweet Almonds, oʒ in any other pleasant iuyce oʒ lycour, whiche after the drying in the aire from the Sun beames, he comitteth them to the earth, for on suche wise handled, the fruites yelde the same sauour as the lycour in whiche the seedes were soaked and receiued. For by a lyke example, the heades shall sauour of the bay, if the owner steepe them with the leaues of the Bay tree, oʒ he otherwise making holes, bestowe the seedes within the bayberries, before the comitting to the earth: And a lyke practise maye he exercise in all seedes that be greate.

The fruits of the herbe named the Artochoke (wil become swete and delectable in the eating (if y<sup>e</sup> owner before the comitting of the seedes to the earth) doe steepe them for two oʒ thye days, either in new milk, honney, sugred water oʒ wine aromatized, and after the drying in the aire, doth then bestow them in beds a fote distance one from the other. The

Artochokes.

Artochocks be set in Haruest, which is about the moneth of October, that these may yeld plentie of fruits or heads, ought to be those bearing big leaues & stalkes, wyth big stems growne or shot vp in the middes: which big leaues after serue to none other purpose but to be broken fro the bodies, and the plants to be bestowed agayn in beds, wyth y stems in like maner cut off and cast away, as seruing to no vse, well touned in wyth dung: these set in such maner that the tender leaues grow vp right, & the stemmes in y middle being low broken off, to be diligently couered with light earth. And herin the Gardener must haue a care to y watering of them, at times needeful, if the seasons sufficiently moyst not, either in the winter, or in any other time of the yere, to set for ward or procure speedily the Artochocks to come: & set again the tender plants in well dunged beddes, couering them well aboute wyth Asbes and black earth, the better to beare & suffer the cold Winter tyme, which in the yere following, will yelde newe fruites.

Many skilfull Authours write, that if the leaues of the Artochoke be well couered in the grounde, aboute the beginning of Winter, they will after become not only white, but pleasaunter in the eating, whereby to serue among the Winter meates.

Here I thinke it profitable to the owner to know, that the big leaues or bzaunches ought yearly to be broken off, from the olde stemmes or bodies, leasse the elder in their yelde might bee hindered, and the yonger plantes in farther distances set, that these may prosper and sende forth their fruites the better, for suche is the fruitefull and plentyfull yelde of this plante, that the bzaunches or great leaues broken off from the tender stemmes, and set againe in the earth, will after cleave & ioyne together, as certaine reporte, and ostentines to yelde in the same yere, both the stemme & outward roughnes wyth prickles on it. The skilfull writers of the Greeke Husbandrie will, that the owner or Gardener in the opening and digging away of the Earth, to cut them vp with a sharpe hooke, leauing some part of the roote in the earth, which so pulled vp, and annointing the roote with softe dung, set again in a well labored ground, turned in with olde dung w<sup>ch</sup> theye sowe a sander, & often water them, when the drye season cometh, untill the plantes shall bee sufficiently strengthened in the Earthe.

Those which the Gardener mindeth to let run or growe vnto Seede, suche

such shall bee separate from all the yong plantes, as *Palladius* willethe, and couer the heads eyther with a thinne Potshard, or Barke of a tree, in that the Seedes are commonly wonte to bee corrupted through the Sunne or shourcs of Raine, and by that meanes these to perishe and come to no vse, whiche if the Seedes be eyther burnt with the Sunne, or putrified with the moysture of shourcs, will after yeeld to the Gardener no commoditie in the bestowing in the Earth.

The owner or Gardener may not gather the fruites of the Artichokes all at one time, for as muche as the heads ripen not togither, but one after the other, so that the owner ought then to gather the fruites, when as these onely haue floures belowe in forme of a Garlande, and not befoze that time, wherefoze if the Gardener doe stay vntill all the floures be shedde, the fruites will be the worsse, and lesse delectable in the eating.

The Gardener must carefully looke vnto, that the Mice haunt not to the rootes of the Artichokes, for once allured through the pleasaunte tast of them, they after resort in great number from farre places, to the maruellous spoyle of the rootes, as the Greeke *varro* in his worthy instructions of Husbandrie hath diligently noted, yet not leaving the same without a healepe and remedie: for he reporteth, that the sharp assault and enterpryse of them is withstood and driuen awaye, if the Gardener eyther lappe Wolle aboute the rootes, or Swynes dung, or bestowe the Figgetree ashes in like manner about them.

The Moles in like manner doe maruellously harme, and be iniurious to the rootes, in so muche that through their often casting, and holowing of the ground, the whole plantes are procured to fall or leane, through feeblenesse in the Earth, for remedie of whiche annoyance, the Gardener may eyther bzing hypp and learne a yong Catte, or tame a Weesill, to hunt dayly in those places.

There be which sette the plantes of the Artichoke, in a fast and drye grounde, to the ende the Moles should not so lightly in their working, ouerthrowe them.

The owner whiche woulde vnderstande and knowe other heales, let him resort vnto those experiments, whiche wee haue vttered in the first part.

## The Phisicke benefites and helpes of the Artchocke.

**T**he Artchocke eaten Greene or rawe with vineger refozmeth the sa-  
uoure of the mouth. The Eared and scalie kernels cleauing or slic-  
king round about the heade, being tenderly boyled (after the manner of  
the Sperage) from which after the licoure poudered, the Eares agayne  
boyled with Butter, and seasoned with vineger, and Salte, doe yelde  
a delectable sauce with meate right profitable.

There be some, which rather eate the Eares rawe than sodden, be-  
ing afoze prepared with Salte and the fine powder of Pepper or Coli-  
ander seedes strawed vpon, for by that meanes (as they asseyme) is the  
natural sweetnesse of them moze kindly and delectably represented and  
felte.

Certain repozte, that the Eares only steeped in wine, to cause vyne  
and moue the venereal art, as the worthy Hesiodus repozteth, whiche (as  
Ruellius hath noted) at the bearing of the floure, the Grasshoppers then  
do lowdest sing, and women greediest to the venereal acte, but men at  
the same time slowest.

The roote (after cleane scraping and keping forth of the Wyth) boy-  
led in wine, and drunke, not onely amendeth the hardnesse of making  
water, but the ranke sauoure & stinking smel of the Armocholes, which  
Xenocrates affirmeth, of experience, to send forth on such wise & stinke  
in the vyne, caused by the heate of the smal pockes, or of any other oc-  
casion.

*smell of an  
pitts fro  
pockes*

The Artchocke tenderly boyled and eaten, is sayde to strengthen the  
stomacke, and helpe somewhat the priuie places, that men childen may  
be conceined, as the Athenian Cherias and Glaucias affirme,

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The worthy Galen repozteth, the meate of the Artchocke to bee  
of an euil nourishment, and incommodious to the stomacke, especially  
when the same shall be harde at the first yelding of the floure, for then  
the Eares possesse a great quantitie of Cholericke iuyce in the, which  
for the same, ought rather to bee eaten boyled, than rawe yet some be of  
this minde, that the yonger heades, tender and full of iuyce, being pre-  
pared (as afoze taught) may with the moze delight, and lesser harme be  
eaten.

What skill and diligence to be learned in sowing, and workmanly ordering, both of the Endyue and Succorie.

Chap. 14.



**U**he Endyue, otherwise named the Syccorie or soure Lettuce, serueth rather for the vse of Medicine, than for other purposes, so that by a trauel caused to grow acceptable in the Garden, for as much as this of it selfe, by nature, is euermore soure, although it bee a kinde of the Lettuce, which ought often to be remoued and changed into sundry places, that the nature of it may on such wise be altered, with lesse trauaile to the Gardener.

The Endyue thus bestowed in Beddes; may wel abyde the colde season of wynter, wherefore in colde Countreies, this better agreeth to be sowne neare the ende of harvest, and well growen vp, to be remoued and layde againe in the earth, that these, in the lying, may on such wise become whyte, if so be (before the couering) the Herbes be strewed ouer with riuer sande, and often watered (if not holpen by shoures of rayne) which then couer with light earth, letting these so rest, vntill by a diligence in the watering, they become sufficiently white for Salletes or other purposes. The yong plants of the Endyue are not to be remoued, before that soure leaues be sufficiently sprong vp, and these cutte at the endes of the rootes, aswel as the toppes of the leaues, with softe Cowe dung annoynted about the rootes, before y<sup>e</sup> bestowing in the earth, whiche lightly couered, water so long, vntill the plants, be sufficient strong in the Earth.

The Syccorie is of the nature of the Endyue, which in like maner retayneth the proper bitternesse, being not like remoued and ordered as the Endyue. This desireth a moyst ground and the Earth to bee well laboured, when soure leaues be come vp: the plants after the remouing, ought againe to bee set in a wel dunged earth, and that these may yelde faire, large and long leaues, let the owner, after the leaues be somewhat more shot vp, or on the myddle of them lay a peece of a Tylestone, for by the waight of the same, wyll the leaues spreade out, and inioyne more Couffes or grow thicker. By this workmanly ordering, till the bitternesse of the leaues be remoued, & they aptly serue in the winter tyme,



## The Gardeners Labyrinth.

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for the vse of the Sallets, if so be the plants be set againe, in the ende of August, or rather in the beginning of September, when the leaues are shotte vp big, and in the pulling vp, the Earth not knocked of the rootes, but with soft Cow dung the rootes gentlye annoynted aboute, and bestowed after in beds wel turned in with dung.

The leaues layde along in wel dunged Beddes (to be to witte) couer so ouer with lofe Earth, that the rootes maye lye vpwarde, and ouer the molyng a long in the Earth, make some couerture in the forme of a herborizing place, or rather strewe vpon them the chaffe of corne, for the better defence of the colde, and bitter windes.

Certayne report, that the like may be purchased, if the owner, after certayne leaues of the Sycorie shotte vpp, byndeth altogether, with a browne thzerde, and couereth them after with a potte of Earth, to the ende that those may dayly draine by the rootes, a nourishment from y<sup>e</sup> earth, which by the same meanes, shall purchase both a whitenesse and tender nesse, and loose a greate part of the proper sourtenesse.

*The Phisicke helpes, both of the Endiue and Sychorie.*

The Endiue, which by another name, is termed the wilde Lettuce, is reported to be colde and drye in the seconde degree, and of this, onely the leaues & seeds serue to the vse of Phisicke, yet are the leaues brought apte to be eaten in Sallets.

The roote, by the consent of al writers, is to little vse, therefore in our time, seldome applyed in Medicine.

The greene leaues exercised in Medicine, are to great purpose, but y<sup>e</sup> drye, preuaile little or nothing at al.

The greene serue to comforte, for which cause they preuaile against the stopping of the Liuer and Mylke, through the occasion of Choler, and these like preuaile againste a simple and double Tertian, and against the heate of the Liuer, and against hot or burning impostumes eaten eyther sodden, or rawe with vineger. The Syrupe made of the decoction of the Hearbe with Sugar, auayleth in al the abouesayde.

The iuyce or Syrupe giuen with Ruberbe, about the fourth or fift

day

## The seconde parte of

day after digestion of the matter, greatly preuaileth for the heate of the Liuer, and a burning impostume, the saide Hearbe or iuyce applyed in plaister forme, greatly auayleth. If the leaues can not be had, then vse the seeds brused and boyled, it to applying the same hotte places, which greatly profiteth.

The iuyce of leaues applyed on hot pusses, qualifieth and draweth forth the heate in them, the Herbe brused and layd on hot impostumes greatly helpeth. The herbe applyed on the left pap with vineger, mightily profiteth the Cardiacke passion, the same on the bellie, stayeth the fyre.

The Sirupe made of the Endiue and Hartes tongue, preuaileth against the kings euill, the Herbe applyed in plaister forme, with Ceruse and vineger, healeth the Shingles, hot impostumes, and swellings: the iuyce applyed with vineger and Rosewater on the temples, aswageth the headache. The drinking of the iuyce, euery seconde day, recouereth the spitting of blood, and aswageth the excesse of Sperme. The iuyce is effectuouly annoynted with Ceruse and vineger, on all partes, whiche are healed by cooling.

The Sicozie is of a drie and colde quality, yet somewhat more than y Endiue, this Hearbe (as Aegineta reporteth) is both of cooling & drying in the first degree, and hath also the vertue of bynding.

The Hearbe brused with the roote, and rounde Trochyses or flatte Bals made of the same, which after dissolued in Rosewater, & annoynted on scabbed places, doth both cure them, and causeth a sayzer skinne. If any vse this potion, made with the iuyce of Cychozie, Endiue, and Hartes tong, to which a quantitie of Sugar added, in the boyling with water and a litle vineger, both in short time recouer the stopping of y Liuer and Myle.

So that pilles of Ruberbe be after ministered, and the comforting Cleduatie of the thre Saunders taken.

If any prepareth this playster made of Serapium, & Myrre, of each a like waight, to which the oyle of Camomil and Hony in like proportio added, & the same applyed warme to the womans priuie place, doth on such wise purge the Matrice, y she may after conceiue with child. And in the proper purgings of the women (as Plinie reporteth) the decoction of the Hearbe in water somuche preuaileth, that it draweth forth

for the dead yongling.

The iuyce of the herbe boyled, and ministred, looeth the bellye, helpeth the Liver, kydneys, and stomacke, boyled in vineger remoueth the vbering payne of the byrue, yea the kings euill; applyed with Milke of water and hony, if it be without a feuer.

The Cychorie taken with vineger (as Dioscorides reporteth) is profitable to the stomacke, for that the same in meate aduageth y<sup>e</sup> heate and infirmities of the same. And by it selfe applyed, and with barley meale layed playster wise on the region of the heart, greatly helpeth in the plague, and burning Agues the same is to be used to great purpose. It also qualifieth Pestilent pusshes, if the water of y<sup>e</sup> decoction of y<sup>e</sup> same be applyed on the places, with linnen clothes. The floure thrown into a pishpers hyl, scone after becommeth as red as blood.

Thys herbe boyled in wine, and taken with meate, is verie profitable to the stomack, in that the same helpeth digestiō, the floures bruised with the rootes, and applyed in plaister fourme on the Goute, doe incōtynente aduage the paine of the same proceeding of heate. This playster applyed on the Shingles, doth maruellously remoue the nightye heate.

The commended vertues of the distilled water, both of the Endyue and Cychorie.

The time aptest for the distilling of Endyue, is in the end of May, the leaues (before the distilling) plucked from the stemmes, and finely shredde.

The Endyue water drunk vnto y<sup>e</sup> quantite of two ounces at a time both morning and euening, profiteth the straightnes and stopping of the breast, in the same maner drunk, is available to women with childe in that thys both strengthneth them, and amendeth senses.

The Endyue water mixed with the water of Plantain, Rose water, and the white sief without opium, of which an syntement made after arte, doth in short time recouer bleers distempered of a hot matter, and especially those hapning on the priuities.

The sayd water with the iuyce of the Marche Mallowe rootes, oyle of Roses and Camomil, Saffron, barley meale, & the yolkes of Egges

mixed altogether ouer the fire, and applyed in plaister forme, is a preserued remedy, both for the Goute of the handes and feete.

The Endiue water drunke vnto the quantity of foure or fve ounces at a tyme, both morning and euening, recouereth the plague, repelleth or putteth away the kings euil, ceaseth thirst, & in good quantity drunke aswageth the heate of the Liuer.

This helpeth the stich in the side, and pricking felte about the heart, drunke vnto the quantitie of thre or foure ounces at a time, both morning & euening, a lynnē cloth or bolster of hempe applyed on a hot Liuer, qualifieth the heate, or in what part of y body the like hapneth, but as the linnen clothes ware drye, euermore to wet them in this water.

The best time for distilling the Cicoriole, is in the middle of Maye, the herbe & roote to be finely Mxed, before the distilling in a tin Limbeck.

The water of Cychozy drunke vnto the quantitie of two ounces at a time, both morning and euening, and at pnone, or taken with drinck in this manner, remoueth the heate of the stomacke. This drunke in the like maner or applyed with linnen clothes on the region of the Heart, both comforteth and strengthneth the heart and stomacke.

And as this applied to linnē clothes on the Liuer, aswageth the heate of it, so it openeth the stopping of the same. This drunk in the sayd manner, preserveth the creature from the plague. This like awayeth for carbuncles, eyther drunke, or applyed with linnen clothes on the places: this also often drunke, stayeth the ryling of the lungs vnto the throte, and stoppeth the perillous fluxe Disenteria.

The water in like quantitie drunke, openeth the stopping of the Liuer & Myle, this gargelled in the mouth and drunke, helpeth the swelling of the vula and throte, it helpeth also wasted members, if those be often bathed with the same and drunk in like condition or applyed with linnen clothes, helpeth the bit of a venemous beast.

The flowers after y gathering in y morning, distilled in Balneo Mariae and orderly applyed, serueth vnto dyuerse impediments of the eyes, as vnto the blcers of them, the mistynes or dyminesse of sight, the Pynne, teare, and spottes in the eyes, and vnto many other like griefes.

What care, skill, and secretes to be learned in the sowing,  
and workmanly ordering of the  
Lettuce. Chap. 15.

**T**he Garden Lettuce, desireth a welllaboured ground, fat,  
moyst, and dunged, appearing for the more part by the  
fourth rape above the Earth, so that the Seede in the  
Earth be not burned of the sun, or the ground vnsuffici-  
ent. The seed may be committed to the earth, at the yere  
through if the place for the growing, shal be battle dunged, and moyst.  
The seedes may be sown in beds thicke together, and in the moneth of  
March or beginning of April, in that the tender plantes can not indure  
the nipping frostes, nor colde ayre. Those seedes whych the owner be-  
floweth in beddes in the moneth of September, will so be hardned for  
the winter time, that the plantes may well endure to bee remoued and  
set at any tyme, and watered for two or three days together, vntill these  
be otherwise moystened with the dayly and sweete shoures of the ayre.  
And in committing of the seedes to the Earth, the owner oughte to  
haue a care, for watering of the beddes, leasse the heate consisting in  
the dung, breatheth or casteth the seedes forth of the earth.

The plantes risen or sprung vpper, well foure or fve leaues above  
the Earth, ought then to bee remoued and sette agayne into a fatte  
grounde, a good distaunce one from the other, and to water them  
well at the rootes, so that it freeze not, nor the season bee verpe  
holte.

The owner or Gardener maye not remoue (to sette agayne) the  
small or common Lettuces, but the greates, whych wyll become cris-  
ped and thicke (named of diuerse, the Romaine Lettuce) that yeldeth  
whyte and farre bigger seedes: these if the Gardener bestoweth a-  
gayne in Beddes, wyll shewe vpper farre sayer and greater in Touffe,  
and in taste pleasaunter, if hee especially breake awaye the firste leaues  
before the setting of them in Beds, for as much as the first or outward  
stalks haue much milke in the, which wil lightly become bitter though  
the heate of the Sunne.

If the owner would possesse sayre and whiter Lettuces, he ought to  
S ij. bynde



bynde the leaues vp together with a threede, well two dayes before the plucking vppe and setting againe in other Beddes, whych so done, he must straw thicke ouer, with riuer or sea sand, which the worthy Plinie seemeth only to ascribe to those which preelde the white Serdes, whose nature is such, & they best indure the cold winter. But if these through y default of the place, season, or seeds, were harde, the Gardener may procure the plantes to grow tender, by plucking them vp, and setting the in wel wrought beddes.

The Lettuce spreadeth into a breadth, if so bee the owner either letteth it asunder, or when it is growen into bigge leaues, the tops gently cut off, it be pressed downe with a Turffe of Earth, Tile or Potshard, wherby it may the lesse shote vp into a steme. For through the waight thus layed vpon (the plante kept vnder) is forced to creepe, and shed forth into a breadth, as the singular Florentinus in his Greeke husbandrie, & after hym Columella, to these, Plinie and the worthy Neapolitan Rutilius utter.

The Lettuces are caused to grow broad, rounde, thicke of leaues, crysped, and low by the earth, if the plants remoued when they be shotte vp a hande breadth, be after the cutting awaye of the heaier rootes, annoynted wel about with nerue Cow dung, and in heaping the Earth well about them, be often watered, and as soone as these are growen to a moze strength, to clip the tops of the leaues off with a sharpe payze of sheares, and to couer them with pottes of earth new filled, in such manner that the tops beaten or pressed down, may grow touffed, round vp, and white, as the sayde Florentinus (in his Greeke instructions of husbandrie) reporteth that he did.

If the owner myndeth to inioye Lettuces sweete in taste and smell, let him (two dayes before the pulling vp) bynde vp the toppes of the leaues harde together, for by that meanes in the farther growing, will the plants be the sayzer, sweeter, and whytter. Herein remembryng, that at the tying (on such wyse) of the plantes, & they stronger growen to be then pressed down, as afoze taught, with either Tile or potshard or Turffe of Earth.

The skillfull Florentinus (doth also affirme) that the plants may be caused to grow sweete and pleasant of smel, if the owner bestoweth of lettuce seedes, into the citron seedes, before the committing to the earth  
which

whiche likewise the Gardener may performe, by infusing the seedes in eyther damaske or muske water, for certayne dayes.

Here I thinke it not impertinent to the matter, to recite in this place the meruaylous deuile of *Aristoxenus Cyrenæus*: This man as *Plinie* wyrteth, leauing his proper countrey, for the earnest desyre hee had to Philosophie, and setting a felicitie in banketting dishes, watred at euening diuers Lettuses (as they growe on the earth) with wine and honie mixed together, & with the same lycour so long filled the, vntil the herbes had sufficiently drunke: whiche after he had left them vnto the next morowe, boasted that hee had purchased delicacies from the earth. This no doubt a worthy inuention for a proper banquet, but no philosophie consistiing in it: therfore leauing further to repozte of this, wee will returne to our former matter.

The Lettuce obtaineth a tenderer leaf, or the leaues become the tenderer, if the roote (as aforesayde) be diligently anoynted about with the best Cowdung, and watered at needfull tymes with riuer or running water, or the toppes of the leaues, as I afoze wrote, tyed close together with a threde, well two days befoze the pulling vp and setting again.

If the Gardener desire to haue a plat to growe of a maruulous form, & diuers in tast, he shal with an easy cost and light trauaile (as the skillfull Greeke *Didymus* reporteth) performe the same, if he will properly make a hole into a round pellet made of Goates dung, and into the same put of the Lettuce, Cresses, Basill, Rocket, and Radish seedes (as the lyke *Rutillius* wyrteth) and that ball wrapped in dung, be besfowed in a well labored earth, the furrow not being depe, and soft dung layde ouer, with the light earth: and this often and gently (or by little and little) sprinkled with water: For the radish shooting downe performeth the roote, but the other seedes shote into a heighth, the Lettuce rising withall, and eche yelding the plant in their proper taste.

There be some which in two or three terdyles of the Goate or shepe byrled, and made by into a ball, besfowe the sozsayd seedes, and tying this in a linnen cloth, doe sette it into the earth, with the lyke care and diligence, as aboue is vttered.

Many of the Latin writers of husbandry taught the same in another manner, by gathering whole leaues of the Lettuce, growing nexte to the roote, in the holowe pities and places of which leaues, the owner

to bestowe, excepte the Radish (as *Rutilius* writeth) or the Parsley (as *Ruellius* instructeth) all the afore named Seedes, which leaues annointed aboute with softe dung to be sette into a well dunged grounde, and the Seedes diligently couered ouer with Earthe.

If anye woulde possesse Lettuces for the winter tourne, oughte to conserue them (as *Columella* instructeth) after this manner, in plucking firste awaye the outwarde leaues rounde aboute, that the tender leaues lesse apparante and encouered, might well bee salted in an earthen pot or other vessel, and lesse couered for a daye and a nyghte, after the manner, vntill these with the helpe of the Salte, yeilded forth a Brine.

The Brine throughe poured awaye with freshe water, and the licoure pressed forth of the leaues, to let them lye abroade on a Mattesse, vntill the leaues bee sufficiente dnye, then to strawe the dnye Dill, and Fennell on them, after this to laye the heapes or handfulls of the Lettuces into the vessel agayne, on whych to powre the licoure made of two partes of Vineger and one of the Brine: after this, to thruste downe the whole substance with a dry thickening, that the licour may flote and appere well aboute all, whych on suche wise ordered, muste diligently be tended vppon, that as often as the substance abouthe, seemeth to lye bare and vncouered, to fyll alwayes vppon with the saide licoure, but with a Spunge keepe cleane the lippes and outside of the pottle, washed diligentllye aboute with freshe Conduite water, and this so often vse, as neede shall require.

*The phisicke benefites and helpes of the Lettuce.*

**T**he Lettuce cooleth and moistneth in the seconde degree, *Aegineta* affirmeth that the Lettuce both manifestly cooleth and moistneth, throughe whiche, it procureth sleepe, and as the same among other potherbes greatly nourisheth, euen so is it a worker and causer of good blood.

Certain report, that *Augustus Caesar* by vsing of the Lettuce in the tyme of his sickness recovered to health: And no meruaile, in that the same helpeth digestion, and ingendreth better blood, than any of the potherbes. The Lettuce found of experience to be commodious to the stomacke, procureth also sleepe, loseth the belly, and causeth plentifulnesse of mylke in the brestes. The Lettuce seede giueth to Pourster  
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## The Gardeners Labyrinth.

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the plentifulnesse of milk, and sharpneth the sight, being taken in drinke. The same drunke in wine procureth sleepe: a plaister only made of the lettuce, and applied on hot impostumes and the Shingles, doth mightily coole: The lettuce sodden and mired with the oyle Olive, receined inward by potion, doth helpe in shorte tyme the drop sicke.

The iuyce of the Lettuce annointed on the forehead of him that hath the feuer, & can not sleepe, procureth rest & sleepe to the patient (as *scilicet* *Florentinus* writeth) which also affirmeth, that a man shal not be overcome to drinke, if he afore eat with a fasting stomack, greene lettuce.

To these he addeth, that seedes of the Lettuce brused and drunke, to stay the shedding of Sperme, for which cause this is profitably taken, or drunke against the night pollutions, happening to many yong persons.

This authoꝝ besides uttereth, that the Lettuce layde under the couerlet, the sick person not knowing thereof, and gathered after this manner, as with the left hande pulled by by the roote before the Sun rising, dothe soone after cause sleepe. A lyke to this hee reporteth, if tyme, three, or one leafe be layde priuily vnder the bolster of the sick, but in such manner, that the bigger ende of the stalk and leafe lye to the feeteward, and the toppy or smaller ende to the head.

Here learne, that the plentifull and dayly eating of the Lettuce of married persons, is verve incommodious and noysome to them, as the Grecke wyters of Husbandrye haue noted, in that the same (as they write) not only doth diminish the fruitfulnessse of childre, but the children after borne, to become idle, foolish, and pauiſh persons. But the physicians in our tyme write contrary: for they say, that Lettuce neither doth increase euil blood, nor the same thoroughly perfect, yet is the Lettuce (by their agreement) worthier than the other potherbs: For the Lettuce is preferred (as *Galen* writeth) & not without good reason to other herbes, in *h* there is none known or found to be of better nourishment.

This also in the Sommer tyme (as the saide Authoꝝ writeth) is a gratefull and profitable meate, forasmuch as by nature it cooleth. This ministred too hotte and Cholericke stomackes, is maruelously available: yet the often vse dulleth the sight of the eyes, & procureth a moistnes, yea and abateth the desire of the vnicereall airt. This also through the often eating greatly harmeth such fetching the winde short, spitting vp of blood, and the Acumatike. This herbe besides too ofte and much bled as well.

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as wel sodden as raw) is no lesse perillous than the eating of the Hemlock. The Lettuce in the sommer time is used rather for Physick sake, than for the proper nourishment which it yeldeth, as vnto the moyste-ning and cooling: yet this seing it may be discerned colde, who needeth to doubt, that it can ingender in any manner sounde and pure blood in vs: for the substance of it common to vs, whiche is both mylkie and sweete, and to these meanely digested, is for the same readily and lightly chaunged into blond. The Lettuce therfore eaten moderately, doth procure in vs good blood, and helpeth many tymes the tertian agewe, and the herbe is sayd to loose the belly, in that this thorough the proper moysture and coldnes, both cooleth and tempereth the immoderate heat of the lyuer, whiche notwithstanding for the speedy and vehement distribution and carying away of the meate and drinke, is many tymes wont to hynde the belly. The herbe eaten either rawe, or boyled with vineger and Sugar, doth dissolue the stopping of the milke and lyuer, yet eaten rawe in muche quantitie, is sayd to trouble the sight, and both harme the eyes, and cause a mistinesse that thicketh and bulleth the vitue spirites, and caueth the chrystalline humoz troubled, and offendeth the animall spirite thzough the proper coldnesse consisting in it.

Many vse the Lettuce befoze it bee risen into a stalk, boyling it in water or broath, which like wisse (the worthy Galen reporteth) that he did in his olde age, yet not eating the same befoze the boyling, for the hardnesse which he founde to ensue by the eating of it rawe: notwithstanding the sayd Galene in yong age used the rawe Lettuce, to represse the heate of choler in the stomacke: but when he came to olde age, he used to eate the lettuce boyled at supper, to procure the sweeter and longer sleepe in the night: so that the lettuce boyled and eaten at supper, or at the houre of going to bed, was to him a singular remedie to cause a quiete sleepe.

The auncient used not to eate the Lettuce at the beginning of supper, but at the latter ende, the reason of which was, that seing the Lettuce (as we haue aforesayd) is of a cold and moyst nature, therefore the eating of the same at the ende of supper, and mixed with the other dainties in the stomack, it caueth the sooner and sounder sleepe in the night, and this the readyer representeth the vaporous fumes of heady wine and drunkennesse: also it is the sooner maistred and stayed thorough the mightie



mightie moistening of the braine. The Lettuce seedes bruised, and mixed with the white of an egge and womans milke, applyed in playster forme on the temples or foreheade warme, at the going to rest, doth maruellouslie procure sleepe: A lyke to this, dothe the iuice of the Lettuce, and womans milke, of eche a like quantitie, to whiche halfe an ounce of white Popie seede bruised, and applied warme on the forehead.

The Seede bruised and druncke, ceaseth the often imaginations of the vnerreall acte in sleepe, and represseth the desire of the naturall acte.

The worthy Physicians in oure time, haue deuised a more healthfull way for the eating of rawe Lettuce, at Dynners and Suppers in the Sommer tyme, by mixing with it vineger, oyle Olyue and salte, (which so prepared) ioyning with other meates on the table, that the same may stirre by the feeble appetite, caused by great heate, and bothe temper the burning of blood, and mitigate the heate of the lyuer and hearte, notwithstanding the herbe in this maner prepared, ought warily to be vsed, seing the inmoderate vse of the herbe (as afoze vttered) doth extinguishe the earnest will to the vnerreall acte.

The married persons (desiring the procreation of children) ought soberly and measurably feede on the Lettuce, but to the Cholericke persons this hearbe is not denyed, so that the coldnesse of it with Rocket, Cresses, Mintes, Maiorain, and suche like be afoze tempered, to the apter cooling of their stomackes.

The commended vertues of the distilled water of Lettuce.

The Garden Lettuce gathered aboute the middle of Maye, oughte after the finely shredding, to be distilled with a softe fyre in eyther Balneo Marie or Tynne Lymbecke. This water of the crisped or Garden Lettuce druncke to the quantitie of two ounces at a time, bothe morning and euening, profiteth the Lyuer, in that by nature it cooleth and comforteth the same, and cooleth the blood inflamed. The water in like manner drunke, stayeth the perillous Fluxe Disenteria, and other bebeniente fluxes of the bellie: this amendeth the trembling of members, and healeth those whiche cannot quietly sleepe: this annointed on the Temples of the heade, and pulles of the hands procureth sleepe.

The water druncke, helpeth women lacking milke, if they eyther

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encreaseth take

take it alone or in drinke, for on suche wise, this procureth store of milke in the Breaſtes. The water ceaſeth and amendeth a hotte and drye cough taken in drinke, mollifyeth the throte, clenſeth the breaſte and lungs, ceaſeth thirſte, tempereth the heate of the ſtomacke, lyuer, and kidneyes, this beſides in good quantitie taken, looſeth the belly.

What care and ſkill requyzed in the ſowing and ordering  
of the purſelane and Rocket. Chap. 16



**P**he Garden Purſelan, how diligently the ſame is beſtowed, ſo muche the larger it ſpreadeth on the earth, and yeldeth the thickeſt leafe. This deſireth to bee ſowen in Februarye, Marche, Aprill, Maye and June, and in no other times, for this hearbe cannot well endure the colde ſeaſon. This plentifullye yeldeth and ſpreadeth, being beſtowed in beds well turned in with olde dung, or in grounde very fat of it ſelfe, or otherwiſe ſowen amongeſt Colewortes, Onions, & Leekes. And after theſe haue toyed a yere in the Garden, they will yearlye come up wythout paynes to the Gardener, of the owne accord, yet the hearbes deſire euery yere, to be often watered, to the ende that theſe maye yelde the bygger Tuſſe, and thickeſt leafe.

The Seedes ought to be ſowen vnder the ſhadowe of Trees, and in an Harbour where trees growe not too thicke, for theſe otherwiſe beſtowed vnder a thicke ſhadowe, growe thynne and ſmall of leafe. The Purſelane is one of the Garden hearbes, ſerued firſt in Sallets wyth Oyle, Vineger and a little Salte, aſwell at the meane, as riche mens tables. yea thys for a dainty diſh with many ſerued firſt at the table in the winter time, preſerued after thys manner.

The greateſt ſtemmes and leaues of the Purſelane wythout rootes were gathered in that the ſmaller ſtirped (ſlightly decayed and withered) and theſe wyth water clearelye and throughe clenſed from the fyne Sande, hanging on, and the filthe or corrupte leaues if any ſuche were cleane purged away, and theſe ſo long they dyed in the ſhadowe, vntill they were ſomewhat withered, for otherwiſe (through the plenty of moiſture) they either moulded or rotted in the lying. After theſe, were they infuſed in veriuice made of ſowze grapes, ſtrewed thicke ouer  
wyth

with greene Fennell, bestowed in an earthen pot glazed within, or for the lacke of it, in a sweete vessell of woode: after this, the whole sprinkled well ouer wyth salte, laying greene fennell againe ouer the Salte, and sundry courses of Purselane, wyth Salte and fennell bestowed to the filling vp of the pot, and ouer the upper bed of Purselane againe, a thicke course of greene fennell strowed, whiche settled the whole mixture downe into the pot.

These being done, the licoure whiche was tempered or mixed wyth two parts of vinegar, and one of verinyce made of grapes was poured vpon, in such order & so full that the same reached vpper to the brimme or lip of the vessell. The same pickle or sauce at the ende, close covered with a lid, was set vp in a dry place to be preserved far from the beames of the Sun coming, least the substance through the standing of the place might gather a binew or mouldiness ouer the same: which also as they affirme may be auoided, if the Purselane be not suffered to lye floating a-boue, but alwayes covered well ouer with the licoure: when they vled & serued it at the table, they afoze clenled it with warme water or wine, & pouring sweete oyle on the Purselane, they set it as a first dishe on the table, to procure an appetite to the guests sette downe to meate. The Rocket is added to the Lettuce in Sallets, to the ende it may temper the contrarype hertue of the same, so that the Lettuce is seldome eaten with meate without the Rocket, and the Sallet on suche wise prepared is caused the delectabler, and yeeldeth the moze health to man. And the worthye Galen in hys booke *de aliment. & facultat.* willeth no man to eate the Lettuce or Purselane without the Rocket, nor the Rocket contrariwise in any sallet, without Lettuce or purselane, that in asmuch as the one cooleth and harmeth the venereall acte, the other throughe the heating in the cyther matter, profiteth man. The seedes may be committed to the earth and the Hearbe planted, aswell in the winter tyme, as in sommer, for it neyther feareth the colde, nor anye other distemperance of the ayze, nor this requireth greate labour about the bestowing of the seedes in the earth, and after the commying vpper, it especially ioyeth to be often weeded, but the seedes to be sown in a sandie or gravelly ground, ought afoze to be well turned in with dung.

The phisicke helpes and remedies both of the Purselane  
and Rocket.

**T**he Purselane cooleth in the thirde degree, and moiffneth in the seconde, the Herbe vsed freshe and greene, is better allowed: (for thys dried, hath small vse and vertue) in that it mitigateth and moisteneth.

The Purselane throughe the proper coldenesse, asswageth hotte and Cholericke flures, through the often applying and cooling, and helpeth the persons afflicted with a burning feuer, and the teeth astonished or on edge, by eating of sowze things, is amended by the only eating of the freshe hearbe. The Juice of this applyed, healeth the Shingles, and both baideth the venereall afe, and abateth sleepe. The herbe expelleth the woormes of the belly, & drunke with wine, stayeth the perillous Fluxe Disenteria. The decoction of the Purselane, holden for a while in the mouth, ceaseth the tothache, if the Juice be annoynted, healeth outward inflammations. The person which hath a hot stomacke, or the mouth of the stomacke swollen, shal througely be holpen by eating of the fresh Purselane. The Juice drunke, mightely cooleth inward heats, the hearbe eaten, amendeth the vlcers of the priuities, yet hurtfull to the eyes, and somewhat cooleth the body. A plaister made of the Purselane, and applyed with barley meale on hot vlcers (where a scate is that the matter in them putrispeth) much profiteth, or if it shal be a hot impostume, which steeth within from one member to another, this greatly amendeth. The Purselane also remoueth the vlcers of the heade, if brewed it be tempered with wine, and the heade washed with the same.

Thys applyed, healeth swollen eyes, and preuaileth againste the spitting of bloud, yet eaten rawe, filleth the stomacke with a clammye humoure, the daily eating of it, abateth the desire to the venereall afe, yet eaten wyth Vineger, it remoueth the burnyng feuer: the hearbe brewed with Barly meale, and heated on the fyre, and then applied to the stomacke, qualifieth the heate of the same: the Purselane vsed of women molested with the monthely course, stayeth it wythout grieve in short tyme.

The Purselane chewed in the mouth, profiteth againste the bleeding of the Nose, the same doth the Juice perfoyme annoynted on the Foreheade, The Purselane mixed with barley meale, and applied in playster

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# The Gardeners Labyrinth.

69 headach

forme, ceaseth the headache, extinguisheth the heate of the eyes, stayeth the perillous fluxe Disenteria, and strengthneth bothe the kidneies and Bladder. The iuyce gyuen in drinke, helpeth burning Feuers, kyl-eth the wormes in the Bellie, and stayeth the spitting forth of blood.

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The iuyce bestowed in glister wise, helpeth the excoriations in the bowels of women, and the rawnesse of the priuie places within, procured by distillations from the heade.

The iuyce of the Herbe is profitably annoynted on the heade, with the oyle of Roses, or oyle Olyue, againste the headache caused by the heat of the sun, and wounds dangered by blasting, or in a furious heat this mightily mytigateeth, with barley meale annoynted.

headach

heat of the

6. 6. f.

The Herbe (to greate purpose) is applyed on the Paupill of infants falling forth by crying, and the Herbe chewed or rather the iuyce boyled, stayeth the griefe and loose teeth of the heade, yea the iuyce eaten rawe, awageth the kernels and blcers in the mouthe and swelling of the gummes.

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gummes

Leontinus a Greeke writer of husbandrye writeth, that the lease of the Purselane holden vnder the tong of the person molested with thirst to amitygate the desire of often drinkeing, and Plinie writeth, that the iuyce to remoue wartes, by annoynting the places many dayes together, and hee also writeth, that the inflammations of the pappes and Gouffe maye bee awaged and healed by the iuyce of Purselane with Hony.

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Gouff

The sayde Plinie reporteth, that the roote of the Herbe hanged with a threede (about the necke) remoueth the griefe of fall of  $\frac{1}{2}$  vnuila, which like hapned to a Iudge in Italie, as he writeth.

vnuila

The Herbe Rocket heateth and moysteneth in the seconde degree, the seedes and leaues are only vsed in Medicine.

Rocket

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The Herbe boyled and eaten, increaseth the Sperme in the man, whiche Aegineta (lib. 1.) like witnesseth, saying, that the Rocket obtayneth a great vertue in heating, and supposed to increase Sperme, and for the same, to stirre vpp a desire to the Venereall acte, besides to cause (through the often eating alone) a gyddinesse and payne of the heade.

caused

giddy

The Rocket increaseth a strong heate, for which cause the same is hurtful.



hurtfull to the heade, but the Garden Rocket boyled with the Lettuce & Beetes, worketh or causeth no harme, and in such maner eatē, the same increaseth the milke in women giuing sucke, and Purles.

The Rocket eaten, and applyed in playster wise on the pecten, causeth bzine, softneth the bellie, cōforteth the stomacke, and helpeth digestion, the iuyce of Rocket myxed with an Oxe gaule, recouereth black scarres vnto a whitenesse: the ppymples or pusses on the face, the iuyce with Hony annoynted amendeth in short time.

The iuyce or seede myxed wyth Hony, and annoynted on the head, and often bled with meate, doth kyll the Pyttes and wormes of the heade, but the often vse of Rocket procureth gripings of the bellie. The roote after the tender boyling bziled, and applyed in playster fourme on broken and bziled bones, doth put awaye the payne, the Seede-bziled and drunke in wine recouereth the bytte of venemous beastes. A skilful practitioner reporteth, that if thre leaues of the Rocket, bee gathered wyth the lefte hande, and after the boyling in water and Hony mixed together, take in drinke, the same (sayth he) maruelously auayleth against the Jaundise, and hard swelling of the mylke.

The commended Vertues of the distilled waters of  
Purselane.

The Herbe, stēme, and leaues of the Purselane shyed together ought to be distilled in Balneo Mariae, about the ende of May.

The water of Purselane drunke vnto the quantitie of thre ounces at a tyme, both morning and euening, for thre or foure days together, amendeth the spitting vyppes of bloude, and the perillous flyre Dysenteria.

The water drunke in like quantitie at a tyme stayeth any fluxe of the belly, yea putteth away a hot and drye cough: thys lyke profiteth against the heate of Liuer, easeth thyrst, helpeth the plague & remoueth the shortnesse of fetchyng breath.

This water also profitable to infants against heate and the wormes, giuen in drinke both morning and euening, vnto the quantitie of two ounces at a time.

If in two ounces of water of Purselane, tenne barley cornez waight

## The Gardeners Labyrinth.

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of the Seede of Psilium or fleaworke be steeped for a night, and with a Spunge diped in thys y<sup>e</sup> tong ue bee washed three or foure tyme s a daye, (whyche through greate heate in a Feuer or other sicknesse is abused,) and draweth to a blacknesse, thys in shorthe time recou= reth.

heals

It helpeth vnto a cooling of the inflamed blonde, either drunke alone or taken in drinke and repelleth the griefes of the Bladder.

cools blood

What skill and diligence is required, in the sowing  
and ordering of the Cheruill Smalage,  
Caragon, and Crested.

Chap. 7.

**T**he Hearbe Cheruill loyeth to be sown in a well dun= ged Earthe, in the monethes of Februarie, March and April, sometimes in August and September, to possesse the Herbe in the winter tyme, and this the better pro= spereth, thorough the often watering, vntill it bee well come vp.

The Smalledge seedes ought to be sown in a wel labored Earthe, and neare to a stone wal or thicke Hedge, thys Hearbe wel loyeth in the shadow, and commeth wel vp in any ground. And after this Herbe bee once bestowed in the Garden, a man shall hardely weede it forth quyte, and the Gardener may leaue a stemme or two, to growe vp into Seede, fro yeare to yeare, for this Herbe wyll indure for euer, without any weeding at al. The owner may committe the seedes to the Earthe, after the myddle or ende of Februarie, vnto the beginning of September. Thys Herbe hath the like vertue and properties, which the Parsley possleth.

The Caragon of the Garden, bearing Seede like to the flaxe, ought to bee bestowed in a wel dunged Earthe, and as er the plants bee growe vp neare a fote high, the Gardener ought then to take vp the hole bodies, and set them agayne in the selfe same Earthe, whych often wa= ter, vntill they haue taken strong roote in the Earthe. The Tara= gon enioyeth the like properties, as the Rocket, and maye not be eaten a part or alone, but rather with the Lettuce, Purselane, and such lyke Herbes.

The

## The seconde parte of

The Garden Cresses is a soure Herbe in tasle like to the Onyon, which the Germanynes (in many places) do often vse in Sallets, but it seemeth that the Herbe is not eaten, withoute other cooling Hearbes matched with it, as the Lettuce, Sozrel, Purselane and such like, which temper the fire or burning force of the Hearbe, euen as the worthy Physitian Galen hath willed it, who forbade the rocket to be eaten without the Lettuce, that the contrary vertue might be tempered. This Herbe ioyneth to bee sown in moyste places, as by small ryuers or running courses of water, Welles, and springs: for no other labour (after the Seedes bestowed) doe they require, sauing a dayly watering, for the plantes in the comming vypp, desire oftentimes a day to be watered by little and little.

The Seedes of the Cresses (after the minde of *Rutilius*) bestowed in Beddes wyth the Lettuce, increaseth verye well, for they ioye in moysture, and hate the dung: And sown in a shadowie place, in Februarye and Marche, the Plantes reasonabley prosper and come forward.

The Phisicke remedies and helps both of the Cheruil, and  
Garden Cresses.

**T**he Cheruel heateth in the thyrde degree, and dryeth in the second, thys Herbe of al persons is eaten rawe with vineger, & in brothes boyled.

This Hearbe taken in drinke, procureth bryne, and sendeth downe the Termes in women, brused wyth wine and drunke, mytigateth the griefes and stiches in the side.

Thys drunke wyth water and Honye, resolueth or loseth stowme, it putteth away grypings of the bellie, and ingendereth winde.

The iuyce of Cheruel taken wyth byneger, kylleth wozmes in the bellie, the Cheruell brought into poudre, and mixed with Honye, healeth a Canker, being annoynted hypon. The Herbe boyled in wine, and drunke, cealeth the ache and grieve of the Hyppes.

The Herbe with the whole substance boyled, if the same bee after mixed wyth vineger, and the heade washed with the same, doth remoue the

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## The Gardeners Labyrinth.

the dandye of the heade. In the like manner ordered and applyed, healeth running sores and Cankers. *7. Sander running sores*

It healeth the bytte of a madde dog, if the person shall drinke of the Seede brused, and shall wash the wounde with the same. The roote of Cheruill boyled with the Hearbe Sarifrage, and drunke, breaketh the stone of the Bladder, and prouoketh vyne. The Cheruill boyled in wyne, and drunke, dissolueth the gathered bloude into knobbes, or otherwise clotted in the bodie. *7. Doo Stone dissolved*

The Herbe after the brusyng, and tempering with ware and Barrowes grease, applyed on impostumes behynde the Eares, doth in short time dissolue and heale them. *impostumes*

The Garden Cresses heateth and dryeth in the thirde degree, but the learned Platearius affirmeth, that the Cresses to be hotte and dry, in the fourth degree. *7. cress*

The seede especially serueth to the vse of Medicine, and is preserued in great efficacie, for fīue yeares. The Hearbe greene, is of great efficacie, being somewhat dyed.

The seede possesseth by vertue of heating and drying of superfluous humours, and in a manner inioyeth the like vertue of Mustarde-seede, the seede after the brusyng drunke in wine, expelleth the deade ponglyng, drunke with wine, remoueth the swelling of the Throte, eaten with Honnye, is a remedie for the cough, and looseth the breast, it auayleth against the Palsie of the tong, if the seede charwed be retayned a time in the mouth. *humors deobrin cough palsy*

It profiteth not if the Cresses be eaten alone, for that the same diminisheth mans strength, and engendzeth euil humours, for this Herbe ioyeth to bee bestowed in a moyste Earth, and vnder a shadowe from the Sunne.

The seede hole taken, restrayneth the diskillings of the heade, without daunger or harme, the seede brought to poulder, and drawn vpp by the Posethyilles, clenseth the bryne and helpeth the paynes of the heade. *7. distillings cleane brain*

The seede of the Cresses helpeth against the palsy, beyng boyled in wyne, and applyed hotte in a bagge to the Palsye member, the poulder of the seede blownen vpp doth cause the patiente sacse, amundeth the Lethargie or sleeping out of measure. *7. palsy lethargy*

The Seede: boyled wyth drye figges, and a Gargyll made of the same, doeth sende vyppes and drye the *yuula* loose hanging

agaynst infections of the heade, knobbes and dandrie, mixe the seedes of the Cresses with Gose grease, and diligently brused, annointe al about sundry times, the powder of the seede annoynted with oyle of Roses, doth stay the going forth of the fundament.

The seede drunke in wine, doth expel the nopsome creeping things, as the rounde and flatte wormes in the bodie, but forcibler by mynts added thereto, thys profiteth agaynst the hardnesse of fetching winde, and the coughe, wyth Deganys myxed and sweete wine, and the same dyuerse tymes drunke: the decoction of the herbe in Goates Mylke helpeth the griefes of the breaste: thys amendeth the ach of the Hypps, and griefe of the Loynes, by annoynting with Barlie meale and vineger mixed with it, on the greued places.

Certayne reporte, that the dayly eating of the Cresses for a tyme, purchaseth a readier vnderstanding and quicker wit. The seedes after the bestowing into a bagge, boyled in wyne, and applyed on the flankes, doeth remoue the payne greenouslye veryng, and lyke- wyse the Cholicke, applyed on the bellye, proceeding of a colde cause.

For the selfe same, and for the strangury, doth the simple herbe boyled in wine and Oyle peneayle, being applyed vpon. For weakenesse of the kydneys, proceeding of a fleumaticke matter descending from the head, the raines of the backe annointed with Hony, strew the fyne powder of the seedes, with cummyne, and Colosonie.

A certayne practitioner reporteth, that the iuyce of Cresses distilled or dropped into the Eare, doth remoue and deliuer the grievous pain of the teeth. The seede boyled in wyne and drunke, and a playster wyth fygges applyed without, doth in shorthe tyme aswage the swelling and griefe of the Thyt.

The



The commended vertues of the distilled waters, both of the  
Cheruel and Garden Cresses.

The chosen time for the distilling of Cheruel, is when the Herbe and  
Rose, with the whole substance may be finely sliced and distilled,  
whiche time best answereth in the middle of May.

The water of Cheruel drunke, unto the quantitie of foure  
ounces at a tyme, both morning and evening, helpeth men bursten, and  
harmed by a greivous fall, and resolvethe the bloude clotted in lumps.  
The same drunke, profiteth against the stone of the kidneys, a greate  
quantitie of this drunke at one time looseth the bellie.

The water drunke (as above sayde) procureth a good stomacke, con-  
firmeth and comforteth the hearte, putteth away the shaking of the Fe-  
uer, the same healthfull or profitable to the heade, and comforteth the  
senses.

This like drunke, remoueth greivous paynes and prickings, bel-  
peth the Lungs, and the diseases of the same.

The convenient time for the distilling of the Garden Cresses, is in  
the ende of May, in a Tinne Tymbecke.

The water of Cresses auayleth againste the Measels, and im-  
postumes behinde the eares, if the same mixed, with Hony, be applyed  
on the places, with linnen clothes dipped in it, which being dried, again  
moysten them, for this remoueth the redde spottes.

If the Measels be on the legges, then let bloud on the Anckle of the  
foote, and drinke the same morning and evening mixed with strawbery  
water, and refrayne after from al hot meates.

The water of Cresses drunke morning and evening, unto the quan-  
tittie of foure ounces at a tyme, awageth a swelling, and expelleth  
wormes of the bellie, this mitigateth vlcers, and swellings of the  
gummes if they be often rubbed with it.

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What care and skill required in the sowing and ordering of the  
Buckes hozne, strawberie, and Mustardseed.

Chap. 18.



The Buckes or Hartes hozne, whose leaues be sweete in tast, & somewhat saltie, is at this day sowe in Gardens, & yerely vled in Sallets, and requireth a small labor, before the bestowing in the Earth, for as much as this Herbe, so wel iogeth in the earth not labored & dressed, as afore prepared.

But if the owner mynde to haue the Herbe thicke tonste, & sayze to the eye, he must often clyppe the toppes of the leaues, and presse the heade downe by some wayghte, or properly treade wyth the fote on it: for on suche wise handled wyll the Hearbe be procured to growe downeward and into a breadth.

This especially in Sallets in the sommer time, although the same haue no apte sauoure nor tast.

The Strawberies require small labour and diligence in the bestowing in the Earth, sauing that these ioy to bee sette in some shadowie place of the garden, in that these rather desire to grow vnder the shadow of other Hearbes, than to be planted in Beddes alone, and planted vnder the shadowe of high trees, these prosper without any trimming of the Earth.

Here note a marvellous innocencie in the strawberies, that although these creepe low by the Earth, and that diuerse venemous things creepe ouer the Hearbes, yet are these in no manner infected with any venemous contagion, which is a note, that the Herbe (of propertie) hath no affinitie with poyson. This Hearbe by diligence of the Gardener, becommeth so great, that the same yeldeth faire and big Beries, as the beries of the Bremele in the Hedge, and hereof it seemeth, that Virgilius Seruius named the strawbury, the Mulbery of the Earth. Certaine skilful men, by a diligence and care, procure the beries to alter fro the proper red coloure, into faire white delectable to the eye.

The Mustarde seedes desire to bee sown in a fatte ground, and to be committed to the Earth wyth fyne poudre dust, both before and after winter, these after the comming byppe require to bee often weeded

and

and watered. But the Seedes may not be sown too thicke, in that the plantes multiplie and spreade into breadthe. After the plantes haue enioyed strong roote in the Earthe, they are hardely plucked vpp by the rootes, and the Seedes may well be kepte for fyne yeares, whiche the newer they be, so muche the better to sow, and to be eaten. The goodnesse of the seede is knowen in the breaking or cracking of it betweene the teeth, whether the same be founde greene, or white within: for if this be white the Seede is olde and nothing worth, neyther to sow, nor to eat. The seedes which the owner would keepe for to eat, those plants muste be remoue, after certaine leaues sprung vp, and set them a good distance a sunder, wherby the toppes may bushe and spreade the broader, but suche plantes which the owner woulde haue runne vp to seede, those maye he not chaunge, nor remoue oute of the proper places.

## The phisicke remedies and helpes of the Buckes horne,, Strawberie, and Mustard seede.

The Hartes horne hathe the proprietie of heating and drying, for which cause take in drinke, it easeth the grypings of the belly, yea this bled, healpeth the griefes of the ioyntes, strengthneth and expelleth the euill matter in them.

This herbe after the minde of Dioscorides, hathe the proprietie of binding, so that the same be profitably giuen in redde wine, for the perillous flures.

Certaine reporte that if foure rootes of the Buckes or Hartes horne, be eyther diligently hanged about the necke, or bounde to the pulses of bothe the handes, that these in shorpe time, do put away the Feuer, or at the least, moysture the heate or burning of the fecte.

The Berries aswell as the Hearbe of the Strawberry haue the vertue of cooling and moystning in the third degree, and the Herbe it selfe endureth not aboue a yeare.

Vigonius writing of the Strawberry leafe affirmeth the same to be of a colde qualitie especiallie, the Juice of x. hych Hearbe mixed with the wine of Pomegranates, and a little quantitie of Rose water, applyed on hot impostumes (bothe in the beginning and encrease of them) doth maruelouslie healpe. The Berries eaten with white wine, and a little

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finger, doth maruellously amende the hardnesse and swelling of the spleene, the selfe same doth the iuyce of the berrie, taken with honye, the leaues sundry tymes used in a bath, is said to be most profitable against the stone. The leaues and roote orderly applyed, doe heale as well woundes as vlcers: these also procure the termes, stay the bloody fluxe Dysenteria, and cause vaine: the decoction of the herbe and root drunk, helpeth inflammations of the lyner, and clenseth both the kydneys and bladder.

*ewer cleame his Bladd*

If any shall be mightily molested with grievous ache and paynes of the hyppes, lette him take thre or foure handfulls of the Strawberry leaues, and boylyng them tender, sitte in the bath, and rubbe the legges well (with the licour and leaues) from the nether parte upward: Whiche done, and thoroughly dyed with a warme cloathe, applye thys Oyntmente following, prepared after thys manner: Take of the oyntmente of Marche Mallorwes one ounce, unto whiche myre halfe an ounce of stone honye, and a dramme weight of Mace, making thereof an oyntment by a softe fyre: this on suche wyse handled, not only amendeth the griefs of the hyppes, and softneth the matter hardened in them, but prouoketh vaine, applied on the proper place.

The decoction of the Herbe and roote, holden in the mouth, and washing or rubbing the teethe and gummies with it, dothe not onely strengthen the gummies and fasten the teeth, but stayeth the distillings from the heade.

The Berries in the Sommer tyme, eaten wyth Cream and Sugar, is accompted a greate refreshing to men; but more commendyd, beyng eaten wyth Wine and Sugar, for on suche wise, these maruellousely coole and moisten Chollericke stomackes or suche beyng of a Cholericke complexion.

The Iuyce of the Berryes pressed forth, and the water of Plantaine added, of eche eight ounces, to these mixe two ounces of Rose honye, one ounce of the Juice of the Mulberries, of white Breake pitche and the flowers of the Pomegranat, of eche a dramme wayghte, these after the diligent beating and mixing together, washe and gargell the same in the mouth sundry tymes, for this in shorte time remoueth and putteth away the impossuines of the throte. Among other commodities whiche the Berries yelde, the Juice of wine pressed forth of them;

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is a soueraigne remedie for the remouing of the greate rednes, spots and red pimples, which happen on the face, through the heate of the Liver, the selfe same all wageth and putteth away the rednesse of the eyes, the spots, & hot distillings frō the hed, by dropping of it sundry times into the eyes. The decoction of y<sup>e</sup> roots & leaves of the Strawberry in wine is marvellous profitable for the Jaundise, bring takē diuers mornings fasting. The decoction only of the root taken, doth mitigate the heat of the liver, so that the same be drunke in the morning, and at night: the herbe eaten with vineger & a little white pepper, doth greatly helpe such fetching the winde shorter: the Berries also eaten, doe craffe and coole thirste, for which cause profitable to the stomacke, but these especiallye commodious to the Cholericke. The Mustard seede heateth & dryeth in the fourth degree and it is like to the Rape seede, sauing that the rape seede is bitter, & the Mustard seede sowre. The goodnes of the mustard seede is knownen in the breaking of it, which if the same be white and moiste within (although new gathered) yet profitable to vses. This hath the vertue of heating & ripening. The force and nature of the mustard seede, is to heat, extenuate, and draw forth, as the worthy Dioscorides reporteth. The mustard seedes brused with the freshe roote of Enula. Campana, and applyed on impostumes, breaketh them without paine: the seedes brused & tempered with vineger applied on the bit of a venemouse beaste, doth speedily cure the same. The seedes chawed and retained vnder the tongue, preuaile against the palsey of the tongue, the seedes do like profit against all the kindes of palseys, hapning in any parte of the bodye, if a linnen bagge filled with the seedes, and boiled in wine, be applyed on the grieved place, being especially vled in the beginning of the infirmity. The seedes after the brusing with cummin and figs eaten sundry mornings, doth deliuer and helpe y<sup>e</sup> dropisie: the seedes after the mixing with water & honey sundry times gargelled, amendeth y<sup>e</sup> blistering or sores of y<sup>e</sup> mouth, & aswageth the swelling of the throate. The Juice of y<sup>e</sup> mustard seede, taken diuers mornings fasting, doth procure a good memorie, the oyle drawe out of the seedes, is a soueraigne ointment for the colde Gowte, sciaticke, & feeblenes of sinewes. The Juice of the mustard seede dropped into the eyes, doth remoue the dimnesse of sighte, & put away the spots and web in them, yea this in the eating, causeth thirste, & procureth the veneriall acfe.

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## The seconde parte of

The persone which euery morning fasting, shall swallowe downe two Seedes at a time, shall be free that daye from the falling sicknesse; the seedes boyled in wine, and drunke, amendeth the hardnesse of fetch- ing breathe: the powder of the Seedes drawen up by the nosethrills, not only procureth the creature to sneeze, but maruelously purgeth and a- mendeth the Braine.

If a like waighte of the Mustarde seede, Pellitorie and Ginger bee bruised, and after the well mixing wyth roses Honye, the mouth bee washed with the same, and this for a good whyles holden in the mouth, doth maruelouslie cleane the Braine of euill humours, of which the gre- uous paine of the heade moste commonlie succedeth. The same also amendeth the falling of the Vuula, and vlcers of the thyoate.

The Mustard seede, (as Dioscorides writeth) eaten, draweth downe and purgeth by the mouth, the fleume gathered in the heade: the Juice of the herbe mixed with water and hony, gargelled and holden a whyles in the mouth, dothe remoue the harde knobbes and swellings of long continuance of the Jaues, the powder blowen or drawen up by the nose, to procure the creature sundry times to sneeze, not only profiteth suche a one hauing the falling sicknesse, but amendeth the suffocation of the matrice, and falling out of place. And agaynst the dulnesse of the heade, and often sleeping. (the heade afore shauen) is the ointment or plaister of the seedes profitablie applied: the decoction of the Mustard seede in wine, holden in the mouth for a whyles, dothe ease the ache and paine of the teeth comming of colde, and drunke, breaketh the stone in the Bladder, and procureth the Terms.

The person whiche coueteth to prepare a cleare voice to sing, ought to take the meale of Mustarde seede (and after the working of it wyth hony) to make little balles of the same, and of these to take one euerye daye, whiche on suche wise vled, wyl procure in shorte tyme a cleare voice.

The commended vertues of the distilled waters bothe of the Strawberrye, and plante of the Mustarde seede.

The beste tyme for distilling of the Berrie is, when they are neare ripe, yet that they be not ouer ripe and soft, which after the gather- ing

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ring and sprinkled ouer with Sugar, oughte so to stand close couered in a glasse, vntill they appeare mouldye, before the distilling in Balneo Marie. The Berries which growe in woodes standing on hilles, are better commended to vse.

The water of the Berries drunke, and mixed with the same, amendeth an euill or an vnaturall heate, and ceaseth thirste, proceeding of the liuer, or of Choller. The water drunke vnto the quantitie of foure ounces at a tyme, bothe morning and euening, not only cooleth the liuer, looseth the Breaſte, refresheth the hearte, purgeth the bloude, and helpeth the kings euill, but preuaileth against the stone, of the Loines, Kidneys, and Bladder.

The like quantitie drunke, profiteth agaynst blyſters and sores in the month, the bleers and swellings in the throate, and strong canour of the mouth, proceeding of the gummes and teeth, if this water also be gargelled in the mouth and throate.

The water in like order drunke of women, purgeth them, and procureth the Termes. The water drunke vnto the quantitie of foure ounces at a tyme, bothe morning and euening, (or at the leaſte in the morning) and linnen clothes dipped in it, being applied twice a day to the leg broken, doth in ſhorſe tyme recover and helpe the same.

The water healeth all foule legges, if after the dayly waſhyng both Morning and Euening, linnen clothes wette in it, bee applied vppon: Thys in like manner cureth filthye woundes, if they ſhall bee waſhed wyth the ſame, or if any ſhall vse of the water in hys drinke, thys water also aſwageth the ſwelling of the face, by the often waſhyng with it.

The water drunke Morning and Euening, vnto the quantitie of foure ounces at a tyme, with an ounce of pure Aqua vite, healpeth (no doubt) the Leaprie, in that this drinke pourgeth bloude, by the ſundrye times vsing, or otherwiſe a white toſſe of breade, after the wetting with this be eaten faſting, whyche on ſuche wiſe ſled doth remoue the foule ſcurffe and ſcabbes on the body.

The water after the well tempering with Sugar, diſtilled ouer againe in Balneo Marie, is very ſoueraigne for diuerſe purpoſes, in that the ſame not only cooleth, clearth, and remoueth ſpottes of the eyes, but comforteth nature, expelleth poiſons, prouoketh the Termes, aſwageth burning humours, and comforteth conception: yea thys

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conception

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alring eyes

is a mosse effectuous ointment for the eyes, in that the same stayeth teares, or wastring of the eyes, cooleth the greates heate in them, and restoreth a cleare sighte.

imples

This water also applied sundry times with a linnen cloth wet in it both marvellously coole & put away the red pimples and rednes of the face, yea and cleareth the same, contrary to hope.

The vertues commendable of the distilled water of  
the Strawberry leaues.

Kings evil

The apte time for the distilling of the hearbe in either Balneo Mariae or a Tin Limbeck is in the middle of May. This water drunke vnto the quantitie of foure ounces at a time, both morning and evening both remoue and helpe the kings euill.

ore breast  
ing Cough  
eyro eyes

The water in like order drunke loseth the breast, purgeth the Lungs helpeth the cough, and cleneth the Lepsy. The water dropped into the eyes bothe morning and evening, dothe remoue the rednesse of the eyes, and mitigateth the heate in them.

er sweating  
of the tuer

The water like drunke ceaseth the ouermuche sweating, and for the heate and stopping of the Lyuer, there is nothyng more healthfull and profitabler.

Mustard  
leer & gums

The whole herbe bearing flower of the Mustard seede, after the finely shredding, oughte to be distilled in a Tinne Limbecke, in the beginning of June. The water amendeth the blcers of the gummes, if the same be holden a while in the mouthe, and the gummes often washed therewith. This water helpeth vnto the consumption of members, if they bee bathed and rubbed wpyth the same: for the members thoroughe the same, doe reconer in shorte time strengthe and fleshe. This water heateth the marow in the bones, if they be often rubbed wpyth the same, and the water to dye in alone. This water profiteth against a colde disease and ache of the ioyntes, if they be often rubbed with the same, and the water suffered to dye in by it selfe.

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Lines. Chap. 19.



Rubilius wrieth, and to these, that the beddes be deuelled, deepe digged, diligently turned, and very wel dunged. The husbandrie in time past, noted two kinds of this herb, as þ one which grew into a heade, like the Onion, and the other into many deuided blades, both long and straight, whose bush sprung vp, is wont to be cut neare to the ground, and this with vs named the vnlet Lecke. The owner or Gardener which would possesse vnlet Leekes, oughte to cutte the greene blades come vp in the beddes, after two monethes of the sowing. For these (after the mind of the learned Columella) wil endure the longer, and encrease farre bigger, if after this cutting they be remoued and set againe, and how often the greene blades shalbe cut, so often the herbe is holpen wyth water & new Cowe dung. And he instructeth every carefull owner as the saide Authoure reporteth, that in the remoning, suche skill muste be vled for the newe setting, as when they be growen into a bignesse in the heade, to be remoued certaine distances asunder, as foure fingers bredth betwene yther set, and when they shalbe growen to a farther strength and bignesse, to be agayne cutte. The Leekes oughte so often to be watered, dunged, and weeded, as neede requireth the same, and the place is to bee often raked ouer, whereby the plantes may encrease the better, throughe the helpe of the often killing & casting forth of the vnprofitable herbs or weedes. As touching the Cines and vnlet Leekes, they may like be be- stowed in the earth, as the Lecke bearing the heade: And the seedes of these maye bee committed to the earth at any tyme, if so be the owner forcéth not for the yelde of the seedes, but they otherwyse oughte to bee sowne in the Monethes of December, Januarie and Februarye, for the gathering and occupying after the Moneth of Marche, vnto the middes of Auguste. And the plantes after the sowing when the blades bee well shotte vp, oughte lightly to bee troden downe

with the foote, and not to bee watered for foure dayes after. When the yong and tender blades bee shot oute of the seedes, and that the owner mindeth to haue the heades growe big, he ought not after the pulling vp to let them agayne, befoze all the small rootes bee cutte awaye, and the greene blades nighe halfe cut off, which done, that small yote sharded, or opster shells, be layde (as it were) right vnder eche heade, and then diligently couered with earthe, whereby the heades may so encrease the bigger, in the which doing, the worthy Greeke Sotion forbyddeth the watering of the til foure dayes after (if a drought ensue) otherwise water the not at all. The skilfull Neapolitane Rutilius instructeth, that when the Leekes be growen to a finger bignesse, by cutting the blades halfe awaye, and the hearie rootes quite (leasse these seede and drawe awaye of the substance) then in the setting in earth mixed with sand and annointed fresh with Cow dung, let the plants be distaunte in beds well foure or fise fingers one fro the other, & when these haue set forth rootes sufficiēt long, let the owner (gently putting vnder his Dible) raise softly the heades, that these remaining (as hanging in the Earthe) maye on suche wise fill the reemes or emptye spaces by the greatenesse of the heades growing. And that in fewer wordes I utter thys instruction, if so be the owner wouldē enioy vnsette leekes, hee maye bestowe the seedes in beddes the thicker togyther. If these to growe into a heade, then the thinnier in the earthe, and shall cause them to prosper the better throughe a dayly weeding, and feeding with freshe Cow dung.

The seedes oughte to be committed to the Earthe, in the moneths of Aprill, May, and Iune throughtout, to possesse the herbes in the Sommer time, in the Harueste, September, and October, for to enioy the plantes in the Winter tyme, but these especialle requyre, to bee often weeded and dungen, which growe into heades. The Lecke shall yeelde a far bigger heade and stemme, as after Columella Rutilius wrote, yea befoze them both the worthy Greeke Sotion, if in thinne linnen cloutes, or clothes muche mozne, the owner shall bestowe and tye vp manye Seedes togyther, whiche so handled, to couer diligently wyth softe dung and earthe, and immediatly to water them so lying in the earthe, for these thus knitte by (throughe the runnyng of the Seedes into one) will send forth leekes of a wonderfull bignesse, which practise also maye the husbandly Gardener tye in the other seedes of plantes.



A like experience wil come to passe, if the owner bestowe a Rape seede into the heade of a Leeke, with out making a hole, with anye Iron instrument, whiche so handled, sette into the Earth, for on suche will it grow verie bigge, as both *Rutilius* and diuerse Greeke instructers of Husbandrie report. There bee some, whyche makynge holes in the heade with a wooden picke, or piece of Elder Cane, or else reede sharpened, bestowe (in place of the Rape) the Gourde seedes. Others there are, whiche taking vpp so many seedes as they can handsomely retayne with thre of the fingers, and poured into a thynne Reede, doe commit those to the Earth, wyth softe dung couered and layed about, whiche practise doth euen like agree, to the former vttered.

The sayde Greeke *Sotion* commendeth and affirmeth, that inmediately after the seedes shall be sown, the softe earth of the Beddes, be troden wyth the feete into small and shallow furrowes, and the Beddes for thre dayes (as if they were neglected) not watered at all, but in the fourth daye, to bee halpen through the sprincklynge of water on the Beddes, for suehe wise handled, to the Blades commynge vpp, wyll growe (as hee reporteth) the more bushie and fayrer to the eye, yet if the owner, betwene the sowing and planting, shal mixe Sande with the Earth, the Blades will shote vp the fuller and bigger.

The sayd worthy Greeke *Sotion* addeth and affirmeth, if the owner shal eate a little Cummyne seed before, he shal breath forth no stinking sauoure at all of the Leeke, although hee shall eate a great handfull at a tyme of the Leekes, for by eating of the Cummyne seed is the strong sauoure extinguisht or put away.

Here out of *Petrus Crescentius* I haue added, as a matter worthy of the noting, that the Leeke seede throwen into a vessel of wine, causeth that the wine soureth not, but rather that beneger returneth into wyne, that is, putteth away al the egerneesse.

This to conclude conceyue, that the Leeke in the eighteenth day after the sowing, to shote & appere (for the more part) aboue the Earth, and to indure for tenne yeares, after whyche tyme to peeble seedes, and

recovers  
wine  
turns  
to wine

## The Phisicke helpes of the Garden Lecke.

The Lecke, after the minde of the auntent, heateth in the thirde degree, and dryeth in the second, especially, the Garden Lecke whose Seedes may well indure to purpose, for two yeares.

The worthy Greke Soilo (of whom we haue afore mentioned) becometh, in his singular precepts and instructions of Husbandrie; that the Lecke, bruised and applyed, to cure the bite of a Venemous Beast, sooner than any other Medicine, and the seede of it drunke with the Lioure of Reasons, to recouer and helpe the difficulties of making water. To these, to helpe and stay the long and olde spitting up of bloude, if at convenient tymes, in two drammes of the iuyce, with a like waight of the powder of Hytpreries or Gauls, and the meale of Frankincense the same be drunke.

But the singular Hippocrates willethe the iuyce to be ministered without any myxture at al, & forbiddeth the dayle, or too much eating of Leckes, in that this not only harmeth and bulleth the sight of the eyes, but offendeth the stomacke whereby shall be procured the lesser harmful; if so bee the Lecke shall so long be boyled, untill it become as soft (in a manner) as pap, for on suche wise handeled, the same is supposed no lesse to nourish than fleshe.

The iuyce of the raw Lecke is recyted and accounted (with Phlegme) among the venemous matters: for the report is, that Mela (a man of worthy Byrth) accused and sharple blamed of Tiberius for mysusing of the office giuen to hym of the prince, who after falling into mighty desperation, and drynking vnto the waight of thre silver pence of the iuyce of the Lecke, dyed immediately without griefe of body. But such like are rather with silence to bee ouerpasse, than opened for instruction sake.

But to returne to the Phisicke helpes: the Lecke twice sodden before the eatyng, draweth downe the Termes, procureth vyne, and obtayneth a superfluous beate. The iuyce of the Lecke myxed woth bynegger, applyed on the forehead, stayeth the bleeding at the nose. The Lecke eaten raw causeth vomiting and is venemous, this also putteth away drunkennesse, being eaten raw.

causes vomiting  
overdrunknes

The

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3. putting blood

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Boiled p  
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upf  
feeding of  
lose

causes vomiting

The iuyce of the Leeke taken with womans mylke, amendeth an olde cough; and the blcers of the Lungs. The Leeke bruised and myxed with Salt, applyed on euil pusses, healeth them. The Leeke brought into powder, and tempered with the oyle of Roses and vineger, & drop- ped into the eares, remoueth the griefes of them. The same also pro- fiteth, in like maner applyed agaynst the toothe ache.

The Leek bruised with Hony and applyed, purgeth blcers, a plasser made of the same, & applied on bruised members, doth not only aswage the swelling, but remoueth the blood-clotted.

The iuice of it drunk with womans milke, staieth the fluxe of blood after byrth, the same also applyed with vineger, ceaseth the bleeding of the nose, if y fine powder of Frankinsence be added to it, and drawen by by the Nosethreils.

The iuyce of the Leeke drunke with Honye, profiteth agaynst paynes or aches of the Hyppis; the iuyce of the Leeke taken wyth Honye, recouereth all defaultes of the breste and stomacke, the same ceaseth an olde cough, and griefes of the breste and Lungs: and it helpeth the dropse, through the sundrye tymes takyng sal- ting.

Here I will not omit the practise out of Galen, that the Leekes tartnesse maye bee abated, and to engender the lesse wynde, if the same boyled in two waters, the colde Licoure in the ende be poured forth, and the hearbe eaten, by whyche meanes it is sayde, that thys stayerth the fire of the belly, and to amende a hoarse voyce, yea through the softnes of it, to make smoth the roughnesse of the iawes and mouth.

For to purchase a clere and sounding voyce, Nero accustomed to eate the Leeke with Oyle, in certayne dayes of euery moneth, when hee contended for y segnioritic of loude pronouncing and uttering of wordes. At whiche tymes, he only toke or eate nothing, sauing bread, as Plinie writeth of him, which reporteth this to be ment of the vnset Leeke, to which the prince Nero attributed a singular commendation.

If two partes of the iuyce, wyth a thyrde parte of Honye bee myxed, and applyed into the Nosethreils or eares, it doth maruel- lously helpe the greuous paynes of the heade, the iuyce applyed by doth maruellously preuaile agaynst the exulcerations of womens pri- uie places.

The

old cough  
cold lung  
euil pusses  
eares  
tooth-ache  
ulcers  
aswage  
clotted blood  
flux blood  
after birth  
hemoroid  
aches of  
breast  
old cough  
breast  
dropse  
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Nero  
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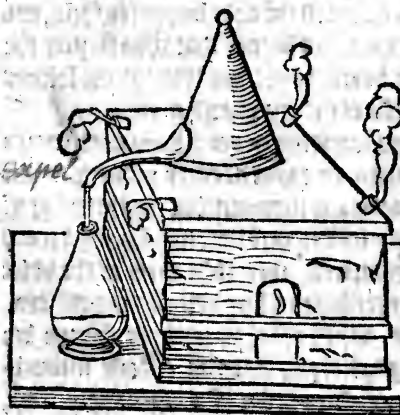
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clidy  
willing blood  
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ounds over  
ooled to clean  
to rotten flus  
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nose  
salty  
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ings wash  
to much  
y flames.*

The seedes of the lecke brused, and drunke either with Cuite or ple-  
sante white wine, doth loose the difficultnes of making water, and ope-  
neth the brinal passages: the iuice of the Lecke drunke with wine, dothe  
aide forwarde the deliuey of childe, the Lecke seedes, after the brusing  
with Miere in the Juice of Plantain, is very soueraigne for the spitting  
of bloude, and staying the bleeding of the nose.

The Juice of the Lecke potized on suche woundes, whych are be-  
come colde and putrified, doth both cleanse away the rotten flesh, and eu-  
ereth the woundes if the Juice be mixed with the rootes of white Villiers  
and annointed warme on the hips, it doth speedely remoue the ache of  
them. The freshe Juice applied with salte on newe cuttes or woundes,  
doth incontinent close them.

The learned Dioscorides reporteth, that the Lecke moueth and pro-  
uoketh the venereal acte, the same with Hony, in forme of an Eclegma,  
sucked or suffered to melte downe, cleanse and amendeth all defaultes  
of the beast, the same like used, recouereth the waisting of the Lungs: yet  
the Lecke often, and much at a time used, doth burden the stomacke,  
procureth thirst, and inflameth the blood.

The commended helpes of the distilled water of the Lecke.



*to blood to apel  
an in wom.  
beding stops  
shue belly  
hips*

The roote only of the Lecke,  
theyng driedde, is to be dis-  
tilled in a Cynne Tymbecke,  
in the moneth of Iune.

The water drunke into the  
quantitie of two ounces at a  
time, both morning and eue-  
ning, is a soueraigne remedy for  
spitting bp of colde blond: this  
also is available, being sundry  
tymes drunke, for a Barrayne  
woman.

The water of the Lecke, stay-  
eth bleeding of the nose, if cotten dopped in it, be often applyed: the same  
drunke amendeth a collyue bellie, and ache of the Hyppes, purgeth the  
kydneys

# The Gardeners Labyrinth.

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kydneys and bladder, procureth bryne, and expelleth the Stone.

The water speedily healeth woundes, if they bee washed morning and evening with the same, this also profiteth vnto the exulceration and fracture of womens places, which is mouite to happen after the delivery of childe, if so be the places be washed with the water, both morning and evening.

*Redd  
wound  
exulcer  
aff. deliv*

What skill and diligence required in the workmanly sowing and ordering of the Onyon.  
Chap. 26.



At the Onyons haue a bodie compassed and compact with many cartilagies, there is none (I beleue) which knoweth not.

The auncient husbandmen (as witnesseth Columella) named these Onyons, because they growe in one rounde heade together, yet not ioyned together with so manye heades round about, as the Garlike, which vnto this day is familiarly named the Onyon of the Husbandmen with vs.

The Onions for the more parte oughte to be sown in the moiste of January, February, and Marche, in a fatte Earthe, well dunged, moiste, and diligently trimmed, whiche shot vp to some heighth, ought to be remoued in the moneth of Aprill, a good distance the one from the other, and these further growen, oughte carefully to bee weeded aboute, and often laboured to cause them growe the bigger, and to defende the (in time of a blustering winde) by helps set against. The worthy Neapolitane Rutilius writeth that the seedes desire to be bestowed in a fatte earthe, often toured and raked, moiste and dunged, and red also, as the Breke Sotion in his husbandry willethe: which afore ought to be cast vp, that it maye putrispe throughe the colde and frostes in the Winter tyme, (as the skilfull Columella vttereth) after these the Earthe to bee dunged, and wythin twoo dayes after, the grounde leuelled forth, and caste or trodden into beddes, all the rootes and vnprofitable hearbes afore clenched out. These workmanly handled in the moneth of March, being a calme and pleasante daye, the South or East wind (at that tyme blowing) the seedes shall workmanly be committed to the earth, wyth Sauerie intermedeled betwene them (as Plinie wyllteth) for so



the plantes prosper the better. The worthy Greeke Sotion admoni-  
sheth the Gardener which would let Onyons, to cut away all the hea-  
rye rootes and toppes of the greene blades (before the bestowing) wher-  
by they may growe to big heades. Others there are, whiche only pluck  
away the blades nigh to the root, for on suche wyse they sende the iuyce  
to the nether partes, to cause the head grow bigge: But these (after the  
mynd of *Rutilius*) ought in this maner to be placed or set thinne in bed-  
des, and both raked and weeded (if these not often) yet foure tymes at  
the least, as *Plinie* willethe: who also taught, that the ground be dig-  
ged & cast vp thre tymes before the bestowing of y<sup>e</sup> seedes in the earth.

If the Gardener commit seedes to the earth in the wane or decrease  
of the Moone, he shal possesse smal and soure ones, if the seedes in the in-  
crease of the Moone, then strong or bigge, and of a moyster taste, wyth  
the sourenesse maystred. But the same not to be burenibzed nor over-  
passed, that in al the kindes of Onyons, the same somewhat long and  
sharpe, is wonte to bee sourer than the rounde, and the redde one more  
than the white, to these the dzye one, more than the greene, and the raw  
more than the boyled, the freshe also, more than that seasoned or poude-  
red with salte, or the sodden one.

The Gardener or owner shal possesse faire greater Onyons, if whē  
there is a place or roome for the setting againe, they bee layed in Earth  
well laboured for twentie dayes space, and so long left drying agaynst  
the sunne, untill all the moysture be gone or drawen forth by heate of  
the sunne, after the instruction of the worthy Greeke Sotion, which *Ruel-  
lius* (out of *Palladius*) semeth greatly to mistake, in that he ascribeth the  
same to be done to the Dill, and not the Onyons, whose heades maye  
also be bared, by plucking off the upper skinne, before the setting againe  
in the Earth, to prosper the better, and yelde the bigger seedes, if they be  
set in the Earth well a hande byedth asunder.

The heades to be eaten before the full ripenesse, that these maye bee  
the sweeter, ought rather to bee sown in a moyste ground, among  
the young Planters of the Cucumbers, Gourdes and Melon-  
es.

If the owner wil rightly possesse, and gather the seedes in due season:  
when the greene stemmes are shotte by highe, and yelde bigge heads,  
they are then to bee guded wyth two smal foxkes of wood, fixed  
on

on eyther side (as *Columella* willeth) that the stems, though the stapes  
hoaring them vpright, maye not in anye bygge wynde, knocke the  
heades togither, to the spilling and losse of the Seedes on the Earthe,  
which are not afoze to be gathered, that they inioye a blacke colour, as  
after the Greekes *Columella*, and *Rutillius* like bittered.

The stemmes and knops, in which the Seedes are containd, ought  
to be gathered in the decrease of the wane of the Moone, in a sayre and  
warne time, when the leaues or blades begin of themselves to wyther  
and drie, and that the seedes beginne to appeare blacke of themsel-  
selues, for then ought the stemmes to be plucked vp by the rootes, which  
knit togither in forme of garlands, or otherwyse bounde vp, to be layd  
in the Sunne to drie and ripen. The Onyons will continue long un-  
corrupted (as the sayd *Sotion* hath noted) if so the Onyons be put into  
hot water, or (as *Plinie* willeth) into saltie and warme water, and af-  
ter layd in the hotte sunne, untill they be through dry, which lette bee  
hidden or couered with Barly straw, and in such manner bestowed, &  
neither touch other by any part. In many places, the Onyons be han-  
ged in the smoke and in Chimnies nere the heate of the fire, and on such  
wise preserue them a long time.

The auntiente, and skillfull writers of Husbandrie vtter, that if the  
Gardener would possesse Onyons of a wonderful bignesse in the heade,  
the seedes of the Onyons put within the seedes of Gourdes, whyche so  
handeled, bestowe in moyste beddes, well turned in with dung, into a  
like bignesse, will the heades of the Onyons increase, if the Earth digged  
rounde about, the small heades of the Onyons, in the heauing or lifting  
of the earth, shal be lifted vp, yet in such maner done, that the heades not  
quyte raysed out of the erth or plucked vp quite by the rootes, as I afoze  
bittered to be wrought with the Lecke. The like also shal the owner  
obtaine, if hoaring the heade of an Onyon, with a wooden pricke, in  
sundrye places, and putting into the holes Gourde seedes, he bestow the  
togither in a wel laboured Earth.

But in this place I thought not to omit, that if the Gardener shal  
commit the seedes of the Onyons in due tyme to the Earth, they will  
after growe into a head, but they shal yelde lesse floare of Seede. But if  
the Gardener shal bestow little heades in the ground, the heades wil af-  
ter wyther and ware drie, and be shotte vp into a round stemme.

To these I adde, that the Onions plucked out of the ground and lying upon the Earth, or hanged by in ropes, do continue longer sounde in the ayre, but if we may credit Aristotle in the former Solstice, these, as the Penny royal, & many other Herbes, do at the same time flourish, which may be as if they were of a doubtful life, that one while taking nourishment out of the Earth, and an other whiles from the ayre. But the Onions lightly budde and shote out, not being in the earth, and sende forth sayre greene blades by occasion of the moysture in the brades, but after the stemme shall bee full shote out, the heades wither.

To whiche Plinie wrote, that the Puttes bee contrarie, in that these do abate the strong sauour of the Onion. I read that many skilfull Gardeners bled to sow the Onions and Garlike neare to Garlande flowers, but especially the Rose to procure them to yeelde a sweeter sauour, and the same done by the counsel of the Auncient and the worthy Plinie, which (in my opinion) deserueth to be followed.

Truely, this one thing is greatly to be marvelled at, that the Onion alone of all other Herbes, as Plutarch writeth, receyueth no damage of the Moone, and hath contrary vertues of encreasing and diminishing to him: for the Onio becommeth greene and buddeth forth in the wane or laste quarter of the Moone contrariwise the encreasing of Light, the Onion then withereth and rotteth.

For which cause, y Egyptian Priestes in time past, refused the Onion in their Religious meates, where otherwise fruites, Herbes, Trees, and Beastes, receyue a damage or diminishing and increasing through the occasion of thys starre, so that the Onion onely obeyeth vnto the contrarie turnes of the Moone, whose preserving vnto winter tyme, Columella prepared after thys manner, he chose the Onion or Scallions (that are all alyke) whyche be not budded forth, or that greene blades appeared, and these dyed afoze in the hotte sunne after which cooled agayne in the shadowe, by strewing vpon Tyme or Sauorie, he the laid the by courses, & either of these strawed betwene in an Earthen potte, and by pouring the Licour vpon, which was mixt parts of vineger, and one of Wyne: he strowed then a good handfull of Sauery (in such manner) that the Onions were couched or pressed vnder the Licoure, which when they had drunke by the Licour, and seemed to

to lye drye, hee poured vpon and fylled the vessell wyth the like mixture, and in an apte place set the pot to p̄serue them to vse.

This one thing I will not omitte, althoughe the same maye seeme childish, in that it is noted by the learned man Cato, who writeth, that the letters drawn and written with the Juice of the Onion, are inuisible, whyche then shewe and appeare euidentlye, when the paper shall be heated at the fire. To conclude, the Onions set in the middle of Auguste in a red earth, doe yeelde the yeare following their high stemmes and seede, but the wozser will those be, which are bestowed in the earth, to serue greene in the Lent time.

## The phisicke commodities of the Onion.

*The phisick Commodities of the Onion*

Althoughe the worthy Greeke Hippocrates more commended the sighte, than the eating of the Onion, saying that the same in sighte to be good and in body euill, forasmuche as it is hotte and burning: yet I purpose here to entreate somewhat of the phisicke benefits of the Onion, and of these, parte faithfully gathered out of the Greeke, and parte out of the Latin writers, adwell phisitions, as cunning and mosse diligent searchers of husbandly secrets.

The onion hath the propretie of heating in the fourth degree, and of a grosser substance, as Galen witnesseth.

The Greeke sotion (both husfardman and phisition) is Authoure, that if any shal daily eat the tender Onion fasting with hony, it shal maintaine the continuance of health. The saide authoure reporteth besides, that the same recovereth and cureth vlcers: to these, that it remoueth the foule spots on the body, beeing diligently rubbed with it in the Sunne, and to profit the eares running, by dropping the Juice in to them. The same annointed, helpeth the swellings in the throat, and these roasted vnder hot embers, & eaten with Oyle, doe heale the cough.

The Onion after the roasting eaten wyth honye, dothe remove the griefe of an euill stomacke: the Onion eaten rawe harmeth the members, in that it too muche drieth the moisure of the bodye: the Onion also eaten rawe, procureth a rough throte, and swelleth the stomacke: the Onion notwithstanding applyed with vinegar on Wiles, dothe in shorte tyme open them: the Juice of the Onion is profitably annointed

*hot in 4.  
Onion & hony  
p̄serue  
vlcers  
foule spots  
eares  
throat  
cough  
euill stomacke  
rawe drieth  
much  
rough  
stomacke  
opens  
wiles*

## The seconde parte of

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with hony for the clearing of the eyes, and bothe remoueth the Plume and Alebbes, and amendeth the bloude Motten eyes, the Juice annointed on a balde place, recovereth the heares shed away.

There be which affirme, that the greene Onion applyed with Vineger, doth helpe the bitte of a madde dog within thre days, but I rather suppose that the Juice added with Rue, Salte, and Honye, and after the bearing together workemanly applyed, to performe the same. The often eating of the Onion, harmeth the Cholericke, by procuring them hotter and dryer in stomacke: but thys is to great purpose vnto the flewmaticke, in that it cutteth asunder, and consumeth the superfluous humoures in them.

The Onion rosted in embers, & applied with barley meale doth stay the dropping of the eyes, and helpe the vlcers of the Priuities: the Juice besides dropped with womans milke into the eares, is saide to amende the pain & noise of the eares. Whiche also many haue giuen to persons sodainly swollen, by the drinking of water: and they haue prosperously giuen the Onion, to suche as are molested wyth the perillous flure Dysenteria: and these applied, haue maruellouslye profited the grieues of the Loynes, and the Juice of them with the Juice of Fennell, expelleth and helpeth the water beginning betweene the fleshe and skinne, which together with the Rue and Hony, recovereth the downe righte slumbering and sleeping, and with reasyns or figs, applied on impostums, both ripeneth and speedely openeth them.

The Onions after the roasting vnder hotte embers eaten both morning and euening, not only helpe the paines of the breaſte, but cause an easy spitting vp of grosse humoures, and purge the stomacke: the Onion after the mixing with hony and salte, applied on wartes, doth make them speedely fall off, euen by the rootes.

If the Onions be often vsed through theyr sharpenesse, they ingender in the stomacke euill humoures, procure thyrsse, swellings and windinesse, yea cause headache, and to become foolish, through the fumositie of them, ascending to the heade, and harme the Braine: for whyche cause, the daily and too often vsing hinder reason, and procure terrible dreames, if so be a weake person, newly crepte out of sicknesse, shall much eate of them, but especially rawe, in that these giue no nourishment to the body.

I adde



I adde out of Salen, that if the Onyons shal be twice sodden, each water separated, and in the thyrd water boyled, to giue a very good nourishment to the eater, being boyled with fat fleshe, and other pleasaunte spices added, yet are they weaker than the green in working, although the euillnesse of the iuyce no longer remayning, nor felte.

The raw Onyon moderately bled, according to the rule of Physick, heateth and cutteth asunder grosse and clammy humours, openeth the wayes of the baynes, prouoketh the Termes and bzine, and increaseth the appetite, the iuyce also drawn vp by the Polethyzels, or the sauer received by the Pose, purgeth maruellously the heade.

The Onyon is better commended to be eaten, than the sauer allowed, in that the person whiche dayly eateth of the yong and tender Onyons with Hony fasting, shall continue a longer time in perfect health and strength.

The iuyce remoueth the white spottes as wel on the face, as bodye, the iuyce applyed wyth Hennes greace, healeth the kybes gallyng of the heeles by a straight shoe: The Juice mixed with Hens greace and annointed, remoueth the red and wanne spottes of the face, the Onion bruised with vineger, and annointed on scabbed places, both healeth and causeth a cleare skinne. The Onions after the boyling in wine or water, fried in Oyle, and applied in plaister forme vnder the nauell, aswageth the painfull gripings and fluxe, happening to women in child bed: the Onions roasted vnder hotte embers, and mixed with lenen and oyle of Lillics, and applied in plaister forme on impostunies, speedily breaketh and procureth them to runne.

The commended vertues of the distilled Water of the Onions.

The moste chosen and aptest time for the distilling of Onions, is in the first moneth of Haruest, for then ought the roots to be shyed, and workmanly distilled. This water drunke foure or five times, vnto the quatitie of two ounces at a time, recouereth the swelling caused by the bitte of a mad dog, or other beast: the same drawn vp by the nostrils, aswageth the grenous paine of the head. The water helpeth the ache & payn of the teeth, if they be eyther rubbed or washed with the same: thys also causeth heares to growe in any balde place of the head, if the same be annointed wyth it: the drinkeing of the water, expelleth woymes.

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What care, skill and secretes to be learned in the sowing and ordering both of the lesser, and greater Carlike. Chap. 21.



The Carlike muche desired, and often eaten of the husbandman, with fat Beefe, and other sodden meates, ioyeth in an earth especially white, diligently digged and labored, without any dung bestowed in it, whose Cloues broken off from the heade, ought to be bestowed on the borders of beds rounde about, well a hand-bredth asunder, about the same tyme when the Onions are: and these with the beddes or little ridges made (in forme to suche in the field) to be highe raised, whereby the plantes commyng up maye the lesser be harmed with the Moures falling, and the naturall moisture consistyng in the earthe. The Cloues set in the ridges and borders of the beddes, may not be drepe, nor the earthe raysed on them like to hillockes, as manye do) but in an even manner, and vnto the middle ioyntes bestowed, whych when they shall haue peeled or sente vp thre blades, then these to be diligently weeded about, for throughe the often dwyng they increase the better, and yeelde a bigger heade.

The Peapolitane *Rutilius* (wryting of the Carlike in his instructions of Husbandry) willetth that the seedes to be committed to the earthe in the moneths of November, December, January and Februarie, in a ground well digged and laboured, and the same white, without any dung bestowed in it, besides the earth the same tyme indifferent dnye, & in a warme day, for the seedes on suche wise handled, are caused to prosper and yeelde the better. Although the learned *Plinie* seemeth to write that the seedes bestowed in the earth doe slowly come vp, whereby these in the firste yeaere, only yeelde a heade no greater than a Lecke, but in the seconde yeaere, they growe deuided, and in the thirde yeaere come to their full growth and perfection, and suche some suppose to be the fairest and seemeliest.

no to sow The Seedes of the Carlike wyth vs, better agree to be bestowed in the moneths of September, October, February and March, in a earth white, indifferent dnye, and well laboured wythout dunging. If anye happen to remaine in beddes (as *Rutilius* reporteth) after the seedes full ripe

ripe and gone, those then renewed in the yeare following of the owne accord, both in the roote and blade, yea peeled seedes the same yeare, whiche may after be sown in well laboured beddes, to sende forth the greene Garlike. If the owner would possess Garlike both great and bigge in the Heade, then before the same bee shotte uppe into a stemme, hee muste workmanlye tye all the toppes of the greene blades to an other growing nexte to it, whiche after treade softly downe with the foote.

The worthy Ruellius willett, that when the stemme becometh to appeare, to cover the same with Earthe after the treading downe, whiche in suche manner to soeise, that it increase not into a bushe or many blades, this so handled in the hard treading downe, to be dayly applied that the Juice may run to the roote, and cause the head to waite the bigger. The like of which Plinie in his time firste experienced. The worthy Sotion in his greke observations of husbandry: also Ruellius with certaine others reporte, that if the cloves of Garlike heades be committed to the Earthe, and the like pulled out of the grounde, when the Moone 13 shall bee descending and under the horizone (as hidde to vs) that the stinking sauour will in a manner bee extinguished, so that the breath of the eaters, shall very little be felte: which Plinie seemeth somewhat otherwise to bitter, instructing that the heades (vnto the same purpose) oughte to be bestowed when the Moone shall bee under the Earthe, and to bee gathered when the Moone shall bee in coniunction, or wyth the Sunne.

The saide Greeke Sotion seemeth to affirme, that the Garlike heades maye bee caused to growe sweete of sauour, if in the setting the kernels of Olyues (after the ioyning wyth them) be bestowed together in the Earthe, or the Harper endes blanted on some stone, and then committed to the earth, or else in the setting, that lies of the Oliues be bestowed with the cloves. The singular Didymus (Ruellius noting the same) bitereth, or rather Sotion (as the Greeke copy sheweth) that the lothsome stinking sauour by the eating of Garlickes heades is abolished or put away, if the greene and rawe beane bee soone after eaten. Others there are, which will the roote of the Bete to be eaten, after the roasting under hotte embers, affirming the same to be sufficiente to remove the strong sauour: Also with the like remedy Menander one of the Greeke writers witnesseth, as Plinie writeth of him, the sauour to be dissolved

to take  
savour

and hidde. Dure later writers of husbandrye and Whisicke repozte, that the rancke sauour of Garlike may be extinguisht, with the onely eating of greene Parsely blades.

The commodiousest & apter time for gathering of the Garlike heads is in the decrease or wane of the Moone, the daye being drye and faire, when the blades be withered, that they lean or hang downe.

Many of the auunciente writers of husbandrye bitter, that the Garlike heades will endure a long time, and be to better purpose afterwarde, if they bee eyther hidde in chaffe, or after the tying together hanged vp in the smoke. There bee others whiche after the infusion of the heades a while in warme salte water, and letting them drye, doe likewise hide them in the chaffe.

But the heads handled after either manner, doe for the mozt part remaine barraine, or prosper not after the bestowpnyng in the earth. To others it was sufficient to haue dried them ouer the heate of the fyre, that they mighte after growe. The learned Plinie uttereth, that those heades of Garlike bee of a sowzer tast, whiche possesse the mozt clowes round aboute, and he addeth that no mozt loathsome or strongnesse of sauour doth consist in them after the seething, than in the Onion like ordered. Nor bee omitteth not, that the Garlike heades afore eaten, to be in need of the white Peeswozt for the Pioners, if they minde to auoide & escape the hazard of death. There is another wild Garlike, which the Greekes name *Ophioscoridon*, in english *Ramsies*, growing of the own accord in the fallowe felde, through whiche the Kines milke by feeding on the greene blades, is caused to sauoure of the Garlike, yea the chese made of the same milke, doeth render in the eating the like rancknesse of sauour: The husbandmen name this both the wild and serpentine Garlyke.

This Garlike on suche wise boyled, that it may not growe againe, and bestowed on beddes, doth greatly auail against the harme of birds to Beddes, as afore is bitered in my first part, there writing, that the same of Plinie is named *Alum*. But here cometh to minde a maruellous matter, not to be overpassed, whiche is, that neither the Adze-sell nor Squirrell will after the tastyng Garlike presume to bite any fowles, by whiche practise. Pullets and other foules in the night being sprinkled ouer wth the lycoure of the Garlike maye bee defended from

harm.

13

1. Birds

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weasles

harme of eyther of these.

There is yet a matter moze worthy the remembrance, and the same farre maruelouser, which *Volateranus* uttereth; that in his tyme hapned a husbandeman to sleepe open mouthed in the field by a hey cocke, caste vp in the hardest tyme, which when he had unwittingly suffered an Adder to creepe into his body, wyth the eating incontinente of Garlike heads, was (as by a certain preparation against poison) deliuered, yet the venome & death of y adder, consisting oz remaining within the body distilled & shed forth in the coeating, a matter to be marueled at of y wise.

But this also is maruellous in the Garlike, that if it be boiled wyth a salte lycoure, the same dothe effectuoulye destroye the mites oz little wormes in either peason oz beanes, so that the walles and floores of the barnes be wet with this mixture. Here also I thought not to ouerpasse the maruellous discorde of the Adamant stone and Garlike, whiche the Greekes name to bee an *Antipathia* oz naturall contrarietie betweene them, for suche is the hatred oz contrarietie betweene these two bodies, (lacking bothe hearyng and feeling) that the Adamante rather putteth awaye than draweth to it Iron, if the same afoze be rubbed with Garlike, as *Plutarchus* hath noted, and after hym *Claudius Ptolemæus*.

Whiche matter examined by dyuerse learned, and founde the contrary, caused them to iudge, that those skilfull men (especially *Ptolomie*) mente the same to be done with the Egyptian Garlike. Whiche *Dioscorides* wrote to be small Garlike, and the same sweete in taste, possessing a betwofull head, tending vnto a purple colour. Ther be whiche attribute the same to *Ophioscorido*, whiche *Antonius Microphonius Biturix*, a singular lerned man, and wel practised in sundry skils, vttered this approved secreete to a friend whom he loued. And the same as last, shal here be placed, that diuerse Garlike heades hanged on the braunches of trees, do drive far off birdes from the spoyling of frutes, as the like *Democritus* noted in the Greeke instructions of husbandry.

That bigge Garlike named of certaine skilful Authours the *Africa* Garlike, is of far bigger increase, than the Garden Garlike with vs. Whiche the worthy Greeke *Sotion*, *Colamella* and *Rutilius* instructe, that the clowes to bee broken from the heade, and bestowed in a white ground, well laboured and dressed without any dung, and set in high ridges of beds, to the ende y natural moisture of the earth, nor houers

Z.ij.

falling

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wormes & m

birds



falling may offende.

The tyme commended for setting of the cloues, is in the moneths of Ianuary, Februarye, and Marche, but some will to bestowe them in the Earthe, from the beginning of October, vnto the ende of Nouember, well a hande breadth asunder, and vnto the middle ioyntes, or rather a finger deepe in the Earthe, whiche growen vypte to some heighth, to be often weeded aboute, and the Earthe diligently raked, whereby the plantes may the better prosper.

These further growen by, the skillfull teachr, to tye the toppes of the blades, by two and two together, which done, to treade the blades downe with the fote, that the iuyce by the same meanes may run to the roote to increase the heades bigger.

The other instructions needefully to be learned, may the owner conceyue by the former taught of the garden Garlike, which for the Physick benefits deserueth a place in euery grounde, especially in the husbandmans Garden.

*The Phisicke helpes and commodities of the Garlike.*

The learned Plinie seemeth to me, not to haue vnadvisedly written, that the Garlike doth serue vnto many vses in Physick, & to the husbandman especially is profitable, for which cause of sundry it is rightly named, the husbandmans Triacle.

This (acording to the agreement of the skillfull) heateth and dryeth in the fourth degree, the Onion, Garlike, and Lecke (as the skillfull Aegineta witneseth in his first booke) indued with a soure vertue, doth heate the body, extenuate and cutte the grosse humours in the same yet the Cholerik ought to beware, that they do not too often eate the Garlike, especiallye in the Sommer tyme and hotte seasons, for at suche tymes the Garlike inflameth and dryeth the body, and increaseth bothe the red and aduulter Choller. The worthy Greeke, Sotion (principall of the writers of husbandry) uttereth, that the Garlik eaten with meat, or hanged against the region of the stomacke, doth expel worms in y<sup>e</sup> bodye, & applied in plaster forme, preuaileth against the bit of either snake or adder. The heads burned & mixed with hony, and the same applied, doth remone the black and blew spots, and cause a faire colour.

*The*

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der  
sack & blew*

# The Gardeners Labyrinth.

107

The Garlike eaten, putteth away the inward swelling of the body, *swelling*  
softneth and openeth impostumes, and draweth forth matter, being a- *in wounds*  
foze sodden, and applyed thereon.

If the heade be annoynted with the iuyce of Garlike, it killeth both *its lice*  
Lycce and Pittes. The Garlike also is drunke to greate purpose, with  
the decoction of Organy (as Dioscorides witneseth) against Lice and  
Pittes of the heade.

The heades eaten do moue bzine, and are supposed to amende the de- *urine. kidn*  
faultes of the kydneyes: and a cloude holden in the mouth, ceaseth the *toothache*  
toothache, proceeding of a colde cause.

The Ashes of the Garlike heades, after the mixing with Hony, an- *hair*  
noynted, stayeth the shedding of heare, in the same manner vsed amen- *spots of*  
deth the defaultes or spottes of the skin. If the ashes be strewed on foule *soul ulce*  
bleers, which are open, it speedily cureth them.

The ashes of the heades, after the diligent mixing with Honye and  
May butter annoynted, doth in shor time remoue the foule scabbes and *Leapry*  
Leaprie, and cleareth the skin, if the same be dayly exercised in the bath  
or hotte house.

The Garlike tenderlye sodden and eaten, procureth a cleare voyce, *voice*  
and recouereth an olde cough, and correcteth the stomacke, cooled: the *cough & s*  
same mightily dryeth vp the moyssure of the stomacke. *ack cooled*

If any shal afoze rate of the Garlik, he shal not be endamaged by the *venom*  
byt of anye venomous worme or Serpent: the Garlike brused and ap- *serp*  
plyed on the bit, doth speedily cure it. *pre*

And the same in these is maruellous (as writeth the skilful Serapio)  
that although the heades eaten, doth harme the sound sight of the eyes, *eyes ill*  
yet doe theise comfozte and relieue the dulnesse of sighte, thorough the *good for*  
moyssure consistig in them. The boyled heades eaten with oyle and *others*  
salte, doe cure the mattering and breaking forth of whelkes, and re-  
moue both pimples and tetteres. As well the rawe as boyled heads ea-  
ten, doe recouer an olde Tonghe: but the boyled heades eaten, *sodden*  
are farre more profitable than the rawe, and lyke wise the sodden,  
than the rosted: and on such wise to the voyce they doe more profite  
and helpe. The person which shal afoze haue eaten sundrye Garlike *preuati*  
heads, if hee after happen to drinke popson, shal not be harmed by it.

The heades with the greene blades boyled in wine and drunke, *doth*

doth not onely moue bzine, but procureth the Termes and drabweth downe the after burden, if the bellie afoze be annoynted with it: the like also may a smoke of the Garlik procure, if a woman sitting in a hollow Chaire, and couered close about with clothes, receiueth the fume.

The Garlike bzused with the fig tree leaues and Camomil floures, by a like quantitie, and applyed in plaister forme, doth cure the bit of a mad dog oz other beast.

The person which weakly digesteth meate eaten, through the coldnesse of the stomacke, shall finde great helpe through the sundry tymes eating of the sodden heades with oyle and vynerger.

Praxagoras vsed the Garlike in wine, against the kings cuill. Hippocrates supposeth that plaster burden to be drawn down through the sitting ouer the smoke, and Diocles, frensie persons they doth greatly helpe, if they after the boyling shalbe eaten, and the same the dropisie persons, boyled with Centozie: and the Garlike eaten, stayeth the fluxe of the bely, whych p skilful report, the grene more effectuouly to performe, bzused and drunke in pure wine with Coliander.

For an old cough proceeding of a colde cause, let the soles of the feet, palmes of the handes, and chyne of the backe, be diligently annoynted wyth the Barrowes greace, finely tempered with thre heades of Garlike cleane pilled.

The Garlyke eaten wyth freshe butter, oz applyed in playster forme on the stomacke, doth in shorte tyme kyll the woormes in Chyliden.

The Garlike boyled w<sup>th</sup> vineger, and drunke w<sup>th</sup> water and hony, expelleth the brode woormes in the bodye, and what other harmeful creeping things in the bowels. The heades boyled with oyle, and applyed in playster forme, doth cure the bit of venomous things, in what part so euer the same happeneth.

The harmes and swellings of the bladder, are remoued with this oynment, if it be sundry times applyed without.

The Garlike boyled wyth Mylke, and eaten, doth heale the vlcers of the Lungs.

The Garlike boyled with Centozie in wine, and sundry tymes drunke, remoueth the dropisie, gathered of a colde cause. The Garlike bzused and myxed with Coliander, and on such wise taken with wine,

helpeth

helpeth the griefes of the Lungs, and difficultie of the vrine. The heads boyled and bused with Beanes, and tempered either with oyle Olyue or oyle of Popple, and of the same an ointement made, remoueth head-ache, annoynted on the temples.

There is no better thing for the toothach proceeding of a colde cause than to wash and retayne, for a time, the decoction of the Garlike thre cloues bused in vinegar, which undoubtedly ceaseth the paine.

The heads also boyled with vinegar and Pitre, do remoue the itche, and taken in a white broth, ceaseth the grievous payne of the goyng often to the stoule. A Garlike heade after the boyling in sweete wyne, with a halfe Penny waight of Beniamine drinke, doth in short tyme expell the quartaine.

The same bused and mixed with frethe butter, profiteth very muche the pyppes of Hennes and Cocks.

The person hardy makynge water, and subiecte to the stone, shall greatly be eased of the grievous payne, by eating of Garlike sundrye times.

The worthy Galen uttereth, that the heades tenderly boyled in two or thre waters, do remoue the sourenesse of them, but these then yeelde a very small nourishment, in respecte of the rawe eaten wth byneger.

## The inconueniences of Garlike out of Plinie.

The defaultes of the Garlike are (as Plinie writeth) that it dulleth the sight, causeth windinesse, harmeth the stomacke, and much at a time eaten, causeth thyrste.

So that for all causes it is better commended foddren than rawe, and boyled than rosted.

The Garlik boyled and rosted, brought to fine powder with Mastick & Pellitorie, if the mouth be washed with the same decoction, doth maruellously helpe the toothache.

The Garlike profiteth Craftes men, husbandmen, and the Pleumaticke, and those which for the more part drinke water, and both vse colde meates, and hard of digestion.

The

The Garlike auayleth against the infection of waters, mutation of places, and other contagious ayres (which hastilie annoy) by the eating afoze of it, in such suspect places.

As touching the Affrica Garlike, the same maye serue vnto all the discaies and griefes in a manner, whyche tofore are witten of the Garden Garlike.

The commended vertues of the distilled water of  
Garlike.

**T**he heades with the greene blades finely thredde oughte to bee dystilld in the Canicular or dogge dayes, in a Tynne Tymbecke.

This distilled water, helpeth the swellings in the throte, if a linnen cloth wet in the same, be woorkmanly applyed, & drunke vnto the quantite of two ounces at a time, or gargelled so often in the mouth and throte, vntyl the patient be better amended.

The water drunke euery morning fasting, vnto the quantite of two ounces at a time, doth maruellously amende the greene sicknesse, and swelling of the Splene, being vsed for twelue or fourteene dayes space.

The water also drunk, profiteth vnto al the said sicknesses and griefes, which tofore are bittered of the blade and roote.

What care and skill is requyred in the sowing and ordering, both of the Scalion and  
Squill Dypon.

Chap. 22.



**T**he Scalyons better prosper and come by, being set than sown, for when they are committed to the earth in the Seedes, the owner may not hope for a seemely groweth of them, before the seconde yeare. The owner may bestow y Scallions in wel dressed beds, frō y beginning of Nouēber, vnto the end of februarye for to enjoy the proper yelde the next Spring following: and they require to bee likewise set in the grounds, as afoze taught of the Garlik.

But



But they are to bee plucked vp to vse, before that the March violettess be in their full pride and flourish, for if these be longer suffered, as vnto the time of the perfit flourishing of the violettess, they are then founde feeble and wythered. And for to knowe when the Scallions are ripe, it behoueth the Gardener to marke whether the blades beneath be wythered, for on such wise seene, denoteth the ful ripenesse of them. And to possesse Scallions with bigge heades, it behoueth the Gardener, to bestowe rounde about the rootes softe Cow dung, and to water them often, which growen to a reasonable heigth, he must also treade downe and order as afoze vttered in the vsing of the Leeke.

The Squyl Onyon better commeth forwarde in the Garden, being set with the heade, than sown in the seede, for when the leeuers are committed to the Earth, they yeelde slowlye their seemelye bushe and heades.

The owner maye bestowe the heades of the Squyll Onyons in well laboured and dressed Beddes, so that the ground bee of a drye nature, and tending vnto a Saltnesse, whether grauellie or Sandie, for they desire a like diligence to be bestowed on them, as is afoze vttered of the Onyon and Garlike.

The auntient and latter writers reporte, that there are two kyndes of the Squil Onion, as the Male and Female, the Male yelving white leaues, and the Female blacke. This strong by nature, will continue in the hanging vp (in a shadowie place) a long time greene, and it lightly groweth (as Theophrastus writeth) bestowed in drye Earth, & speedily shooteth vp to a heigth, it keepeth fruites to be preserved, especiall ye Pomegranates, the stalkes afoze broken off: and this is sayde to beare flour thrice in a yere, foreshewing by it, the three seasons of committing seedes to the Earth, as the first tyme of bearing floures, to signifie the first tyme of plowing, the seconde time of flour bearing, the seconde time: the thirde, the last time: for how many times these appeare, euē so often is the Earth accustomed to be laboured.

The flour also of the Squil Onyon (as Beritius writeth) shooting vp in a straight stemme, if so be it doth not hastily wyther, signifieth the large or plentiful yeelde of fruites.

*The Phisicke helpes both of the Scallion and Squil  
Onion.*

**A**s touchyng the benefite of the Scallions, there is no other ayde nor profite to be hoped after, sauuing that these yeelde a moze delight to the mouth, than the helth of the body, for the Scallions serue to no other purpose, than to styre vyppes or moue persons vnto the veneriall art.

The Squyll Onyon hath the vertue of heatyng in the seconde degree, and cuttyng especiallye of the toughe matter in the stomacke.

The Squyll Onyon bled rawe, is verie hurtful to the body, especially to the inward members or partes, for which cause, the Squyll Onyon is not inwardly to be taken, except they afoze be either roasted or boyled, or by some other maner prepared.

The worthiest force of the same in Medicines is, by sharpening it especially with vynerger, for whyche cause (being so prepared) named the Squillitike vynerger, the making of whyche is after thys manner.

Take the heades cleane pilled from the outward skynnes, those (after the shredde) hang in a Sunnye place, being styched through wyth small Packthreed (in suche manner) that the partes bee a pretty dyffance asunder, whych like handled, let hang for xl. days space.

The dye peeces after bestowe into a Hogs heade of mosse Sharpe vynerger, but in suche manner, that these of no parte touch the vessell. The Hogs heade after couered so close, that no vapours maye breathe forth, and set into the hotte Sunne.

After the xlvij. daye, let the vessell be lift vp, and the pieces taken forth, whyche done, the owner shall then possesse a mosse Sharpe vynerger.

There are others, whych make the Squillitike wyne after thys maner: y pieces of it shred, they bestow into a vessell of wine new made (y being put in) it may on such wise heate together, & they vse this wine to those purposes, as the vynerger.

The Phyllicke commodities of the Squill Onyon are (as the learned Constantyne, in hys booke de gradibus uttereth) to amende the  
proprie

droppe persons, suche fetching the winde hardely, the defaultes of the Liver and Mylet proceeding of clammy humours.

The persons sicke of the Ague, and hauing exulcerations or soares wythin the bodye, oughte to refrayne the taking of the Squyliticke vineger. For the Squyliticke vineger or wyne, pulgeth grosse sicume, and corrodeth, procureth the going to the stooke, and byrning, and causeth bonyting.

The Squil Onyon (after the minde of Dioscorides) is roasted after this manner, this wrought in Masse or Clay sette into an Oven, or couered wyth coles, vntill the paste or crust about it bee sufficiently baked, which drawen or taken forth, if the heade be yet not sufficiently softned, then after the covering of it wyth paste, the seconde tyme, and set in an Oven, bake the same thoroughly.

The Onyons are also kindly baked or roasted in an Earthen potte, the mouth well stopped wyth dowe or course paste, and sette into the Oven.

This besides cut into rounde pieces, and after the stitching through wyth Backthreede, that these be a pretty distaunce asunder, hang in the ayre from the Sunne beames, for on such wise haadeled, it serueth to the making of the Dyle, vineger, and wine.

The singular Dioscorides teacheth the manner of boyleng the Squyll Onyon, after this sorte: Take the middle partes (the outward skynnes pyllled awaye) whiche after the flyeing into partes and boyled, throwe the firste water forth, on whiche poure other water, boyleng in lyke condition, and this so often doe, vntill no more bitternesse nor tartnesse in the water be felte: after these, the flyces hanged bype, and dyed in the shadowe, as aboue vttered, whych done, if halfe a dramme of the fine powder bee sucked downe wyth Honye, the same amendeth the long continuance of the hard fetchyng of breath, an olde coughe, and the griefes both of the Liver and Mylet, yea the droppe and Jaundise. The lyke worketh the Squyliticke vineger, and the same expelleth wormes, and other corruptions in the bodie.

The Oximel made of the Squylitick vineger, expelleth Malancholie, remoueth the Apoplexie & falling sicknes breaketh & sendeth forth the stone, the same also purgeth the Matrice of Clammy humours, and helpeth

the ache in the Hipses. The Squilliticke vineger fastneth the teeth, by sundrye tymes washing and rubbing of them with it, and amendeth a stinking breath.

The same dropped into the eares, remoueth the clammye humours hyndering the hearing. The oyle in which the Squil Onion shal be steeped, anoynted on places, putteth away wartes, and cureth both the choppes & cliftes of the feete: the same annoynted on moyst or running scabbes, healeth; or at the least correcteth them, putteth away the danger of the heade, and profiteth annoynted on the bit of Serpents, and other venomous wormes.

The Squil Onyon containeth in it an Oyle whych is blacke: this oyle tempered with Hony, and annoynted on a baloe place, procureth heare to grow. The Squillitike vineger holden in the mouth, amendeth the corrupted and soule gummies. The same bled, procureth a clearer sight of the eyes, healthful and profitable it is to the griefes of the sides and stomacke, if a little be taken twice a day, but hastily drunke down, it overcommeth the partie for a whyle.

The Squilliticke Onion boyled in wine & drunk, expelleth al the inward diseases of the bodie, and helpeth especially a hot and corrupt Liver.

The Squil Onyon prepared in the abovesayde manner, and boyled with Wormewood and Masticke in water and vineger, and sweetened wyth Sugar helpeth vnto the stopping of the Luer and Myle, recovereth the kings euil & dropsie, myghtily causeth vyne, draweth down the termes, and expelleth the dead yongling. If Mice happen to drinke of the water, in which the Squilliticke Onyon shal be steeped for a night, they sone after dye.

The distilled water of the Squil Onion, mixed with meale whiche Mice willingly eate, and bestowed in suche places where they haunte, doth in short time kil those which eate of the same.

What care and skil is requyred in the preparyng and  
ordering of the Garden Saffron.

Chap. 23.



**A**s touching the Garden Saffrone, it togeth to bee bestowed in a meane and chalkie ground, and euen-  
more well laboured, and it may very well be sette in  
the beddes, where Onions haue bene newly plucked  
bp. The Saffron refuseth waterynge and moysture,  
for whiche cause the heades oughte to be set in beddes  
(betweene which) furrowes made, that these may receiue the moisture  
falling, whiche they greatly feare. Besides these, the heades are muche  
endamaged throughe the resorte of Mice and Moles, whiche greatlye  
couet to feede on the rootes of Onions of the Saffron.

The remedies against these two noyouse Beastes, are fully taught  
in my firste parte, whiche the reader maye resorte vnto.

The heades are rather to be bestowed in the Earth, than the Seedes,  
in that the Seedes (after the committing to the Earthe) prosper not.

The heades are to be sette on ridges, in the month of Aprill or May,  
and the heades layd on a heape, to lye and wither in the shadowe from  
the Sun beames, for the space of eight days before, whiche done, to set  
them with the hearie rootes in the Earth well laboured and dyelled, and  
a lengthe one by an other, well halfe a hande breadth asunder, and three  
fingers deepe. Certain there are which will them to be set for the better  
yeelde, after the middes of Auguste, vnto the middle of September, let-  
ting these so to remaine for two or three yeares, and that euery yeare  
in the month of Aprill and May the leaues or blades then dry, to break  
off orderly, the other prospering to weede aboute, and to raise the earth  
after, two fingers deepe, but in suche manner, that the heades bee not  
touched.

After that the hearbes be sufficiently clenched, when as the flowers be  
withered and deade, especiallpe in Auguste. and towards Haruest, whi-  
che flourish not aboute a moneth, then these are to bee gathered in the  
morning after Sunne rising, and after the drying by a gentle fire to be  
kepte togyther in bagges of leather, in a close and drye place.

And this one thing as maruellous, is worthy to be noted, that the  
rootes of Onion standyng quite oute of the Earthe, yeeldeth notworth-

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standing the proper floure of continuance but a daye or two after the full opening, at the season of the yeare: but the heade afterwarde (as depriued of nourishment) withereth and rotteth.

The blades be freshe and greene all the winter throughte, in that the heades be full of iuice, and sufficient strong to endure the colde season. When the Saffron is set, and in the thirde yeare digged vp, there are founde aboute eche heade five or six heades growing, and ioyned together wythin the Earthe.

The beste Saffron is the same, which is freshe and newe, and excelleth in the goodnesse of colour, in such maner, that the toppes in whiche the Seedes are contained be white, and mixed with a rednesse: the chiue also is not lightly broke, and rubbed in the hand, coloureth the skin, and is in sauiour comfortable; wyth a gentle sharpnesse. And this is named the Orientall Saffron.

*The phisicke benefits and helpes of the Saffron.*

**T**he Saffron hath the propertie of heating in the seconde, and drying in the firste degree, as Aegineta witnesseth. The Saffron endureth for five yeares in perfect strength, being close kepte in a leather bag, and set in a drye place.

Take a scruple of good Saffron, or the third part of a dramme, and halfe a graine waighte of pure muske, this mixed together with the best and hotte wine, drinke fasting, for it is a singular remedy agaynst the harde fetching of breath, of what cause soeuer the same shal happen.

The Saffron procureth a freshe and faire colour to the drinkers of it, it comforteth the harte: purgeth and causeth healthfull bloude, and remoueth poysons from the heart. Taken in meate, it causeth a long and easie breathing and helpeth the Asthma.

Agaynst the infection and plague inwarde, manye after the forrifying of the Saffron, Triacle and Mustarde Seede, in an emptye eggeshell close stopp'd, doe make an electuarie, wyth other spices adioyned, whiche after the takyng expelleth the poyson or infection by sweates.

The vse of it profiteth impostumes in the brest, & those that be short winded, it amendeth the milke, moueth the benereall acte, and causeth vyne,

## The Gardeners Labyrinth.

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brine, this also auaieth agaynste the vehemente aking and paynes of the heade if suche a playster bee made wyth the same: take of Saffron Gumme, Arabicke, Euphorbium, and Myrre, of eche a like waight, these after the finely working to powder, and tempering with the white of an egge, applye in playster forme to the foreheade, for this wythout doubt auaieth.

The Saffrone taken either in meate or drinke, procureth brine, and the Termes: this also amendoeth the yelowie Jaundise, drunke especially with sweete Wine or Malnsy: this giuen besides to an vlcered breast, stomacke, liuer, lungs, kidneyes, and bladder, greatly profiteth.

For the grievouse paine of the Goute, take a quantitie of Saffrone, which with the yolke of eggs, oyle of roses, and rose water, an ointment made, apply with a fether on the grievued place: the Saffron with crums of white breade and milke, after the boyling togyther, applyed in the forme of a pulstise, on swellings, impostumes, and blcers, doeth greatly assuage both the swelling and pain, yea mightily softeneth and breaketh impostumes.

If with Opium, Barley meale, milke and the white of an egge, an ointment be made after arte, and annointed on any painefull and sore place, it doth assuage the griefs in shorthe time. The Saffron (as *vitalis* writeth) doth greatly amend the feebling of the hart, and weaknesse of stomacke. The saffron comforteth palley members, and softneth the hardnesse of partes: for the which cause, the same named *Oricrole*, is right profitable. The Saffron remoueth the grieve of the eyes, eyther of bloude or other blemishe, if with rose leaues brought to powder, and mixed with the yolke of an egge, the same be applyed in playster forme on a linnen clothe to the eye. The Saffron remoueth all swellings and griefes of the eyes, if the same be especially mixed wyth wine, and applied in plaister forme.

The Saffron is profitable mixed with womans milke and annointed, for the distilling of the eyes. The Saffron remoueth drunkennesse, drunke with Cuite. The person also which shall drinke the powder of Saffron in wine, shall not bee overcome by drinkeyng. This besides is very profitable for remedies of the eares.

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What skill care and diligence is required in the workmanly  
sowing and ordering of the Rauenwes.

Chap. 24.



The rauenwes and Turnups are sowed after one manner, in  
earth well toured vp, and orderly dressed, or if the ox ner  
will in carable grounde, and will indure in a manner any  
ayze: yet these desire a drye grounde, rather leane and gra-  
uellie and diligently turned vpper.

The seeds wel prosper, bestowed in a fine powdered earth, wel labour-  
red also: and to possesse faire Rauenwes, lette not the Seedes be aboute  
three yeares olde: for being elder, the Seedes runne into Colewortes.  
If the plantes in the comming vp appeare too thicke together, the ow-  
ner may plucke them vp, and lette them thinner in other well dressed  
places. These also in the growing vp, oughte diligently to be weeded  
and the Earthe to be digged aboute, and lette the greater and fairer still  
growe, to possesse theyr Seedes, whyche in the moneth of Auguste, dili-  
gently bestowe in a well laboured Earthe.

To committe Seedes to the Earthe the owner oughte to stay untill  
the grounde be well moistened with showers, for bestowed soone after,  
they prosper and come the speedier vp: But the owner or Gardener ought  
in any case to take heede, that he bestowe not the seedes in a shadowye  
place, for the shadowie places are disagreeable and hurtful to the plants,  
although the grounde be good fertill and well laboured.

The property many tymes of the grounde doth alter the Rauenwe  
into a Turnupe, and the Turnupe into a Rauenwe.

The owner ought to gather the Rauenws in the moneth of Nouem-  
ber: and to possesse them all the winter time, he muste burye the rootes  
in Sande lying in a seller, that hee maye not onely eate of them in the  
Winter tyme, but all the Lente throughe.

The worthier Rauenwes be those, which are rather long, and as they  
were crisped, and not big, and possessyng fewe rootes, at the moste but  
one seemely roote, and the same straight and sharpe downward.

There be which make a singular composition of the Rauenws, with  
Radishe rootes, a little Salte, Hony, Mustarde, delectabler spices, and  
Vineger: yea the same may bee made wythout spices, bothe wholsome  
and profittable.

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## The Phisicke benefits of the Nauewes.

**T**he worthy Galen reporteth the Nauewe to be hotte in the seconde degree, and moiste in the first.

The Nauews tenderly boyled, do nourishe much, yet euilly or hardly digested, and they make softte fleshe, and the same puffed vp, yet this lesse than the Turnup, who afoze oughte to bee boyled in water, and that firste water after the boyling poured forth, then into a second water bestowd, diligently boyle them, for the hardenesse of their substance, will well be tempered, and meanely ingender a nourishment betwene good and euill.

The Nauewes whiche are not thoroughly boyled, doe euilly digest, and procure a windinesse in the body, besides a stoppyng of the beynes, and naturall powers: for which cause, these yeeld a more commoditie to the stomacke, and digest better, beyng twice boyled in faire water, and shifted a thirde time into a mosse fatte brothe, where boyled vnto a sufficiente tendernes, and then eaten, there be whiche boile them a thirde time in newe Cow milke, for the better digesting.

The Seedes confected wyth Sugar, and eaten, encrease Sperme in man. But the Seedes bruised and druncke, doe especiallye auaille against poplons, for the which cause, these are prosytable ministred with Triacle.

What care and skill is requyred in the sowing and rightly ordering of the Rape and Turnup. Chap. 25.

**T**he Rapes be not muche differing from the Nauewes and Turnups, sauing that these bee bigger, and sweete in the eating. For the Rapes or Turneps be muche greater, and in the eating pleasanter than the Nauewes: The Rapes require a like ordyng and dresyng of the earthe, as afoze vttered of the Nauewe, whiche for trouth ought to bee rather sown in the Moneth of September, than in any other tyme, in a moyste Earth, well dungen, diligently turned in and dressed: for by that meanes they prosper and come the better forward, and are caused to bee sayrer, tenderer, bigger, and sweeter of taste thorough the colde season

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folowing, like as the hoarie frostes, snowe, and colde mistes, than in the drye and warme season of the yere.

After these be come vp, and ready to bee remoued, the owner muste carefully see vnto, that the leaues bee not gnawen nyther of spiders, nor of any other vermin or worms. & for the auoiding of like annoyance it shall be profitable for the Gardener (well a daye before the committing of the Seedes to the Earth) to mixe the Seedes with the pouder or dust of plauke boordes, or rather with the soote of a chimney, whyche after wette wpyth water, to the ende the Seedes may receyue some moillure, and being thus ordered, bestowe the whole together in the Earthe the nexte day folowing.

The skillfull Neapolitane Rutilius reporteth that the Rape or Turnep (as the Rauen) prospereth vnder eury aile, and desireth to be bestowed in a fat and loose earthe, and the same so loose, that it in a manner falleth to pouder, whereby the Seedes may prosper, and come the speedier forward.

The seedes also are to be bestowed with fine pondred Earthe, to the ende the plantes may not come vp too thicke together. about the ende of July, vnto the middes of September: and if raine happen not the daye before, then the day folowing, moisten the ground with water gently sprinkled vpon.

If the seedes committed to the Earth be bestowed thynne, the plants in the comming vp (by diligence of the Gardener) will increase the bigger, for whiche cause, where the plants grow thicke together, and these come to some strength, the owner may plucke vp sandy, and bestowe those a good distance asunder, whereby they growe the bigger in roote.

And for the better furtheraunce of their growth the owner shall sundry times water, and weede about the plants. The seedes may be sown in the open fildes, and where Coyne grewe, if so be the ground be diligently plowed, and the rootes weeded forth, these after the bestowing in the Earthe, may the owner only couer with the harrowe or rake, because the seedes lye shallow on the ground.

The Seedes ioy in an open fildes, far from the shadowe of Trees, in that the selying vnder shadow be muche harmed: if the owner minde to commit Seedes to the earth in a drye season, he may then bestow them in some well dressed place being moillie and shadowie, thicke together  
after



after the maner of the Colewozte.

After this, when the plantes be well growen vp, and the earthe sufficiently moistned with shoures, the owner maye remoue and sette the plantes in larger places well dyessed, from the ende of August vnto the entring of the Sunne into *Libra* or middle of September.

The Rapes to serue in the winter time, oughte to be gathered in the moneth of October, and those whiche are the fairest, by plucking away the outward leaues, may be set againe in well dungen and dyessed early to peeble Seedes the Sommer following.

And to preserve the Rape or Turnup rootes, to serue the Winter and Lente time, the owner may worke after this maner, by washing first the rootes, and these raw, besetome in rankes one vppon another, and in eche rank strew salt, fennell seedes, and sauerie, or only couer them with salte, close coliched, and on suche wise letting these remayne for eyght dayes, poutre so muche faire water vppon, as will well couer them: Whiche done, lette the vessell stande in some vaulte or Sellar, to serue for the aboue saide times, or longer if the owner will, if so be he fill by the vessell, when these lye bare and drye. These hitherto *Ruellius* in his instructions of husbandry.

This one thing is maruellous and worthy the noting, so small a seede to encrease in roote, to suche a bignesse as wee manye tymes see them, of which the like hath bene scene to haue wayed thirtie, yea fortie pounde weight, to the admiration of many.

The owner oughte especially to take heed, that the seedes to be committed to the Earthe, be not aboue thre yeares olde: For the grounde otherwise of the Rapes, will change and bring forth Colewoztes.

For to enioy faire and big rootes, let the owner new sette those rootes which be growen vnto a finger bignesse, wel a span distant one from the other. Whiche done, and these somewhat more growen, the owner ought to treade downe with the fote, and diligently couer the heades thicke with Earthe, whereby the Juice of the leaues and stalkes may runne to the encreasing of the rootes.

The rootes after the gathering in the moneth of Nouember, maye likewise be preserved, to serue the Winter and Lente time, as aforesaid.

uttered of the *Praceur*.  
Bb.ij. The

The phisicke vertues and helpes of the Rapes:

**T**he Rapes heate in the seconde degree, and moisten in the firste: these cause many humours, hardely digeste, and encrease muche winde. The fowen Rapes are harde of digestion: whyche notwithstanding boyled doe swell the bellye, and encrease humours in the body.

The Rapes haue a marvellous propertie in sharpening the sighte, as the singuler Auerrois writeth: Yet these throughtlye boyled, as I afoze bittred to be done by the Paucwes, doe yeelde a nourishment, and are profitable to the body: contrariwise these eaten rawe or not wel boyled, doe hardely digeste, cause winde in the body, and moulethe the stomacke.

The Rape seedes vsed in the steede of Triacle, recouereth and helpeth popsoning, if any hauing drunke or eaten popson, shal take the seeds brused in water and honye, this of experience knownen, representeth or abateth the force of the poison, that the same can not harme.

The Rape or Turnup roots conficted with vineger, doth coole and ingender winde, yet these extinguishe the hot and dry bloude, of whiche mosse greate and perillous sickneses are caused. The rootes and seedes eaten doe stirre and moue the veneral affe.

They are profitable to helth, being eaten after the third boyling, and if any foule arayed with scabs, whych represent the kinde of a Leaprie, do wash al the body with the water in which the Rape seeds shall afoze be boyled, it doth to the same cause in shorte time a fairer & clearer skin. The rape roots boyled in May butter, after the tender seething, eatē with a litle salte, doe lose the breaste: the decoction of them taken, ceaseth a dye cough, boyled with oyle Oliue, and eaten with pepper and a litle salte, doe helpe digestion. The rootes daily eaten, do engender grosse humours, for whiche cause greatly misliked of Democritus, to be vsed for a proper sustenance.

The decoction or broth of the roots tenderly boyled, applied on palse members, the hot Foute, and kided heeles, do speedilye amend and helpe these: if any in the side of the roote after the making of a hole, doe bestow in it the oile of roses, and bnrwrought ware, and after the tender roastyng vnder hotte embers, doe applye the same in vlcered or sore kides,

kybes, it shal in short time cure them.

*The benefites of the distilled water of Rapes.*

**T**he Garden Rape or Turnep, both leaues and rootes shzed, ought to be distilled about the ende of Iune, in a Tinne Lymbecke.

This water preuaileth against the galling of members, if those be daily washed and supled with the same, and that a linnen cloth wet in it, be applyed twice or thrice a day.

This helpeth any burning or scalding, if the same be washed with it, but after a crust gathered on the place, the same will in no manner be removed, but through the daily washing of it with this water, whiche in the ende perfectly cureth the soze.

The distilled water of the putrified Rapes, applyed often hot with a linnen cloth wet in it, doth greatly profit the swelling and sozes of the feete, caused of colde.

What skill and diligence is required with the secretes to be learned in the sowing and ordering of the Radish.

Chap. 26.



**T**he Garden Radish with vs, is better knownen, than I with pen can vtter the discription of the same, for in a maner euery person, aswel the rich, as the poore, the Cytizen as Countreyman, when their stomacke is slacke or yzketh at meate, they then to procure an appetite to feeding by the same roote, by cutting y rootes yther into a length (on eche side) or into round slices, do workmanly season them with salte, beating them for the more delight to the mouth, betweene two dishes, supposing a more tendernesse caused to the rootes, through the like doying: whole care and diligence in the bestowing of it in the Earth, oughte (after the minde of Columella) to bee after this manner, that the beddes, befoze the bestowing of the seedes, be wel labored, and workmanly turned in with dung, and when the rootes be grown to some bignesse, then the Earthe to bee rayfed and diligently heaped aboute them, for if the rootes shall bee naked or lye bare of Earthe, that both the Sunne and ayze beate vppon them, then will they

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they become, in their further growth, both harde and holloſe like to the *Mullaine*, as *Plinie* reporteth, whyche preſcribeth to theſe, both a loſe and moiſt Earth.

The worthy *Rutilius* (in his inſtructions of Huſbandrye) uttereth, that the *Radiſhes* reſuſe a harde, Sandie and Grauellie grounde, and do ioy in the moiſture of the ayre: beſides, theſe ought to bee ſowen in Beddes a good diſtaunce aſunder, and the Earth deepe digged after a late or new rayne fallen, excepte the place by happe ſhal be moiſt, and ſoone watered.

The *Secdes* committed to the Earth, ought immediately (and with dyligence, to bee covered lighte wyth the Rake, and neyther dung beſtowed within, nor ſtrowed bypon the Beddes (although *Columella* otherwiſe willeth) but only chaſſe of Cozne, as after ſhall further be uttered.

The ſkilfull practiſed in Garden matters reporte, that theſe better proſper being orderly ſette, than curiouſly ſowen and that theſe to bee beſtowed in the Earth, as both ſowen and ſette, at two tymes of the yeare, as in the moneth of Februarie, and beginning of Marche, if the owner woulde enioy the rootes tymely, and in Auguſt vnto the middes of September, if the owner woulde enioy them much ſooner: and theſe then beſtowed in the Earth, are without doute farre better, for as much as the *Radiſhe* in the colde ſeaſon, groweth and encreaſeth eſpeciallye in the roote, and is the ſame time tenderer, wheras the plants otherwiſe in the ſayre and warme ſeaſon, runne by into a leafe and ſtemme. Yet thys manner of trauaile, to poſſeſſe them in the ſharpe winter, is little in uſe with vs, bycauſe the *Radiſhe* can ill abyde the hytter ayre, which once bytten and tapnted with the froſtes either wythereth, or ſoone after dieth, yet the learned *Plinie* wytyng of the *Radiſh* uttereth the ſame to ioye ſomuch in the colde ayre, that in Germanye hath ſometymes bin ſcene a *Radiſh*, which grew in coſpaſſe ſo big as an infants middle.

The ſkilfull *Ariſtomachus* (in hys learned inſtructions of Huſbandrye) wylleth that the leaues of the *Radiſhe* in the wynter tyme bee broken off, and throwen awaye, and to heape the Earth high about them, leaſte puddles of water doe ſtande in the Beddes: for the rootes on ſuch wiſe increaſe, and be bigge in the Sommer tyme.

Howſoener the rootes ſhall bee handled, certayne it is, that the colde

ayze and frosts do increase and sweeten the rootes (as afoze bittered of the Rape) if so be they maye continue the wynter tyme: for the colde ayze conuerteth the increasement into the rootes, and not into y<sup>e</sup> leaues, although that those (as *Theophrastus* bittereth) do waxe then harde, in many places.

The rootes are caused to growe the sweeter in eatyng, and more delectable in taste, if the leaues be broken off (as *Plinie* hath noted) before the Radishes shewe vp into a steele.

And the lease of the Radish, howe muche the smaller the same shall be, euen somuche the tenderer and delectabler roote wyll it yelde, whyche by watering with a Salte Lycoure or Pickell, causeth to breath forth the bytternesse quite, if any suchrest or be in the roote.

As the lyke *Plinie* wrote, that the Radish be fedde, yea and willed the rootes, for the tendernesse, to bee often watered with Pickle, or salte water.

The Egyptians watered with y<sup>e</sup> Pytre, to the end the rootes might be commendabler in sweetenesse and delight to the mouth, which possesse a Cartilage and thicke rynde, to these, in many rootes, sharpe in taste, yet delectable in the eating, which part left bare about the ground becommeth tonghe and harde, through the occasion afoze bittered, and hollow (like to the Mushrom) unlesse they be wel couered aboute wyth light Earth.

There are Radishes supposed to be of a Feminine kynde whych bee so sharpe, and these possesse smaller leaues, and to the eye be a fayrer greene, as *Rutilius* bittereth of them.

If the owner couete to enioy sweete rootes in taste, then after the counsel and minde of the singular Florentine, let hym steepe the Seeds for two dayes before, in either water and Hony, or Cuyte, or else Sugarred water, and these dried in the shadowe, to commit them orderlye to the Earth.

If the Gardener desire to possesse fayre and grate rootes, let him (after the minde of the Neapolitane *Rutilius*) when the rootes bee grown to some bignesse, plucke away al the leaues, sauing two within to growe still, which done, couer the Earth often ouer the heades, whereby the iuyce may the more run to the rootes, in causing them to grow the sweeter and pleasanter.



A like experience in causing the roote to become maruellous big, doth Plinie skilfully utter and teache, after this manner, by taking a greate dyble, with the whiche making a hole in the Earthe well fixe fingers deepe, fillit vp with fresh Chaffe, after bestow a seede of the Radish with dung & light erth ouer the mouth, covering the same in like maner euen with the Earthe, these performed, the roote will growe and increase vnto the bignesse of the hole.

The skilfull practicioners reporte, that the goodnesse of the Radish is knowne by the leaues, which the sweeter they be (after the manner) so-muche the tenderer and moze pleasaunt are the rootes in the eating, the like teacheth or sheweth the cynde, which the thinner y<sup>e</sup> same is, so much the delectabler is the roote in tast of the mouth.

The thinne bestowing of the Seedes in wel dresed beds, from the ende of August vnto the middes of September, and after the comming vp diligently weeded about with the leaues broken off, the light Earthe Couered about, and often watered with salt water, do procure the rootes not only to waxe, or growe the bigger, but tenderer and sweeter in the eating, for as much as the salte pickle very much abateth the bitterness consisting in them, as by a like we customably see, that these bee eaten with vinegar and salte.

And the plantes better prosper, comming vp in an open ayre, than bestowed in a shadowie place, where in the increase, the rootes be much hyndered.

If the owner happen to commit seedes to the Earthe in a drye season, let them be sowne the thicker in beddes, and if the same may be, in a moyste grounde lightly watered.

The plantes grown to a reasonable height aboue the Earthe, and y<sup>e</sup> shoures haue moystned the grounde a day before, the plantes may then be remoued, and set into beddes well laboured and workmanly dresed, which by diligence bestowed, growe the bigger and pleasaunter in the eating.

That the Radishes maye not bee harmed with the Garden fleas, Theophrastus willety to sowe in the Beddes among them, the pulle named *Ernum*.

Other singular helpes for the most Hearbes, may bee learned in my first part: which I haue gathered for y<sup>e</sup> most part out of antient writers.

Here

Here is not to be ouerpasse, that in Radishes a bitterneſſe consisteth according to the thicknes of the rinde, as the worthy Plinie ſereth, which writeth that these also do offende the teeth, by blunting or setting them an edge.)

But in this place commeth to mynde, a secrete very profitable, and to bee esteemed with vinteners, whiche the Authour freely uttereth to them.

If the vintener cutteth a Radishe into slices, and bestoweth those pieces in a vessel of corrupt wine, it doth in short time draw al<sup>l</sup> euil ſauoure and lothſomneſſe (if any ſuch consisteth in the wine) and to these the tartneſſe of it, like reciueth, which if the wine be not able to ridde and drawe quite forth this faulte, let the same immediately be taken forth (and if neede shall require) put in a fresh roote like ordered. For thys no doubt hath often bene proued, and profited many by vnderstanding of the secrete.

This no doubt is a secrete very marvellous, that the Radishe in no wise agreeth to be placed or growe nigh to the vine, for the deadlye hatred betweene them, in ſomuch that the Vine nere growing, turneth or windeth backe with the Braunches, as nightlye discayning and hating the Radishe growing fast by: If we may credite the learned Plinie, Galen, and the Neapolitane Rutilius, whiche seeme to haue diligently noted the same.

And the reason they repozte to be like as afoze uttered of the agreement of the Coleworze with the hyne, whych is, through the byd discord of natures consisting in them, so that if the places were changed, yet for all the remouing, will they in no manner loy together.

Of whiche Androcides affirmed the Radishe and Colewort, to be a singular remedie against drunkennesse, so that the auncient in Greece, commonly ioined and matched the drinking of wine, with the Radish, as I afoze uttered in the Chapter of the Coleworze, so that no manerl it is, if these bee vsed so common.

The Radyshe in time past hath bene of suche accompte, and so worthily esteemed, that Moschion the Greeke wrote a large paniphlet of the worthy prayſes of the same: yea the Radishe before other meates, was so preferred in Greece, that at Delphos in the Temple of Appollo, the Radishe was esteemed as Golde, the Beete as Siluer, and the Rape  
Cc.

or Turnup as Leade.

The Radish also is sayde to polishe very fayre the yuorie, and buried in a heape of salte, doth alter and reducey same into a watery pickle.

The Radish to conclude, in the remouing and setting again, loseth the sharpnesse resting in it, and this hath a singular delight in the rinde, so that the same bee newe gathered and not too olde of growth, therefore by the example of many seldome eaten, do vnadvisedly refuse and omit the vsing of it.

And drawing to an ende, I thinke it righte profitable to utter the making of vinegar with the Radish, as the learned Petrus Cuscentius (in his work of Husbandry) hath noted the same. The rootes of the Radish (sayth he) being dyed and brought to fyne powder, and bestowed into a vessel which hath wyne in it, let stande to settle (after the well laboring and mixing together) for certayne dayes: which done, the owner shal enioy a Radish vinegar, very laudable and much commended for the dissolving and wassying of the stone in the kidneys, and many other paynful griefes.

*The Physicke benefites and helpes of the  
Radish.*

**T**he Garden Radish (after the mynde of the learned, heateth in the thirde degree, and dyeth in the seconde, but the wilde Radish in physicke causes, is more effectuons.

This one incommuditie (among the physicke helpes) doth the Radish possesse, which is, that it procureth many tymes belching, after the eating at Supper: for a remedye of this annoyauce or incommuditie, may bee or thee incontinent eate, certaine braunches of Floye, Tyme, or Organy, or eate the roote with pure Oyle.

And for thys one incommuditie ioyned wyth it, the roote yeldeth a marvellous number of benefites, for the health and ease of persons.

Here further learne, the other incommunities written by the wise, whiche are, that the Radish eaten, eyther before or after meales, doth cause wynde, the resting of the stomacke, dulleth the brayue, eyes, and reason.

The singular Greeke Florentinus (in his instructions of Husbandry) writeth,

wylteth, that the Radish doth profit very muche the Fleumaticke, and maruellously helpe the stone in the kidneys, and stopping of the vrine by Grauell: If any especially boyle the rinde with white wine and water, and drinke the same morning and euening, or the rynde of the Radish brused and strayned, and drunke fasting in the morning, and that the patient shall perieuer or continue wyth the same for certayne dayes.

The frethe rynde after the sleeping in wyhte wine for eight houres drunk with a fourth part of the pouder of Milder kernels like an alleth.

The Radish taken fasting in the morning, with warme water prepared, procureth voimtyng, for whiche matter, the Physicians rather appointe the seedes boyled, than the roote. If the roote be eaten wyth oyle Olive, it stayeth the belchings of the stomacke: whiche are moue to bee caused by the same, in that the oyle suffereth not such winde to rise.

The iuice drunke with Cuite, cureth the kings euil, and drunk with water and Hony, amendeth the cough, whiche on such wise ministred, doth helpe those fetchyng the winde short and painefullye.

The whole substance of the roote, so muche auayleth agaynst peyson, that takyng the same fastyng, it shall nothyng harme the creature.

And the handes annoynted with the iuice of the Radishe, as aforesayd in my first part, may handle Serpents without feare.

The iuice of the Radishe dropped into the eares, doth speedily awayge the winde and noyse in them, the same drunke with water and Hony, recouereth the Jaundise. The leaues boyled in porredge in steed of Colewortes, and eaten sundry times, amendeth the stoppings of the Liver and Splee.

The seedes brused and giuen wyth white wine, is right profitable agaynst all sortes of peysons, and other dangerous diseases.

And if any by a punishment, receiue grievous strokes and spottes by whyping, by brusing, and applying the Radish on the places, shall speedily cure them.

The same also cleareth scarres and reduceth wanne spottes vnto the perfite colours, and remoueth the pimples in the face: this besides deuinereth the quartayne Ague, if the same be dayly giuen by the way of a homite, at the comming of the fit.

The iuyce of Radish boyled w<sup>th</sup> Hony, and after the adding of a litle vineger, the same strayned and drunke, profiteth against the quartaine ague, and stopping of the Myle.

The Radish applyed in ploister forme, deliuereth the water betwene the skinnie, and helpeth a hard and swollen Splene, as Dioscorides witnesseth.

The Radish well digesteth, being eaten w<sup>th</sup> meate at Supper, for it heateth the stomacke, yet the same causeth a strong breath, by sleeping sone after meate.

The Seedes after the brusyng drunke w<sup>th</sup> whyte wyne, doe cause vyne, and drunke w<sup>th</sup> vyneger, aswageth the swelling of the Myle.

The iuyce annoynted on olde bleers, both cleareth, and eateth awaye the Canker in them, the lyke perfourmeth the pouder of the roote.

The Radish boyled with Mulce water or Hony and water, and drunke warme, amendeth an olde coughe: it remoueth the clammy flume of the breaste, by spitting vp, in the dayly drynkyng for certain dayes.

The frische ryndes of the Radish well brused and taken with vineger and Hony procureth the patient to vomite, the like perfourmeth the Seedes, drunke warme with water.

The Seedes haue a singular propertie in expellyng, for which reason, these are right profitable to them hauing eaten Mushionics, which they can not dygest.

If a round slyce of the Radish be applyed on the naryl, it doth speedely cease the grypings in women, as the skillfull Hippocrates wytteth.

The often eating of the Radish, procureth plentye of Myle to women gyuing sucke and Purles.

The iuyce of the roote drunke with Hony, sendeth down y<sup>e</sup> Termes, and expelleth the wormes in the bellie: the iuyce gargelled w<sup>th</sup> Hony and vineger, aswageth the swelling in the throte.



*The commended helpes of the distilled water of the Radishe.*

**T**he roote finely sliced in the beginning of September, ought to be distilled in a Tin Limbecke, or rather glasse bodye in Balneo Mariae. The distilled water of Radishe drunke morning and euening vnto the quantitie of thzee ounces at a tyme, healeth the digestion of the stomacke, the kings euill, and killeth the worms of the belly: the radishe also receiued, clenseth the stomacke of all clammy humoures and other matters, which hinder digestion, this besides openeth all manner of stoppyng of the inner members & vaines. This drunk in the like order and quantitie, dothe extenuate the clammy humoures in the lungs, and amendeth the swelling of the milke: this also clenseth the breast of clammy humoures and causeth a cleare voice.

The water drunke vnto the quantitie of thzee ounces at a time, bothe morning and euening, recouereth the popsoning taken eyther in meate or drinke. The same quantitie drunke at a tyme profiteth agaynst the Quartaine Ague, draweth downe the Termes, and sendeth forth the Stone.

This water helpeth those which are stinged eyther wth the Bee or Waspe, or benomed with the spider, if they shall wash the grieved place with the same, and shall apply linnen clothes wet in it. This water helpeth the pricking and stiches of the shoe, if the same be bathed with the water. The water dropped into the eyes, cleareth the humoures falling whiche dimmeth the sighte, it also remoueth the spotted of the face, by the often washing with the water, this remoueth the yelow or blackish spots by beating, if the places be often rubbed with the same.

The water gargelled, and retained in the mouth, amendeth the swelling of the thzoate, and bleers of the gummes, for this resolucth; consumeth and breaketh them.

The water often drunk morning and euening, chiefly at the going to bed vnto the quantitie of thzee vnecs at a time, for thirtie days togther, not only cleareth the kidneys and bladder, and the places which containe the stone, but breaketh the stone, and causeth vaine.

This water drunke for thzee or foure weekes togther, vnto the quantitie of thzee or foure ounces at a time, both morning and euening, recouereth the water betwene the skinne, and sendeth the same forth by the

the vyne, so that the patiente refraineth the ouermuche drynking: for howe muche the lesser hee drynketh, so muche the more water by the vyne is sent forth, throughe whiche the patient is also sooner recovered.

What care and skill is required in the sowing and workmanly ordering both of the Parsnep, and Carote. Chap. 27.

**T**he seedes of the Parsnep and Carote, require one manner of diligence in the sowing, and to be bestowed in a ground painfully digged, well turned in with dung and workmanly dressed before: but the seedes to be committed to the earth, maye not be bestowed in beddis verie thicke together, to the ende these in the encreasing maye growe the fairer and bigger.

The plantes are in the like maner to be set, and at those tymes sown as afoze vttered of the Radish, as sown in December, January, and February, to serue in the Lent and Spring time, but these better commended, to be sown in the Harueste time to enioy them all the Lente.

The Gardener which wold possesse faire and big roots, ought to pluck away the leaues often times, and to couer light earthe on the heades, as afoze vttered of the Radish: besydes these growen to some bignesse, at the leaste so big as the finger, ought to be thinner set, and often weeded aboute, whereby the rootes maye growe the bigger and sweeter in the eating.

*The phisicke benefits and helps of the Parsnep and Carot.*

**T**he vertues and properties of these two rootes are in a maner like, and serue rather for the kitchen, than to the vse of phisicke, in that they bee of a small nourishment, and lesser nourishe than the Turnep or Rape doth.

The Parsnep roote (by the agreement of the Auncient) heateth in the middle of the second degree, and moistneth in the firste, but this in causes of phisicke smally allowed.

The roote is brought to a more temperamente for the body, if so bee  
it be

it be boiled in two or three waters before the eating, for on such a wise handled, it harmeth the stomacke the lesse. *to be used*

This otherwise sodden (but in one water) ingendzeth winde in the body, throughte whyche it causeth and moueth a desire to the veneriall acte, and often bled, ingendzeth euill bloude.

The root tenderly sodden in two waters, and remoued into a third, *wine co.* procureth vrine, assuageth the Colicke passion, and sendeth downe the termes in women.

The Garden Parsenep, eaten wyth butter and pepper, and a little *melancholy* salte, profiteth the Melancolike, and as *vitalis* writeth, this encreaseth good *good* bloude.

The Parsenep seede drunk, and applied to the priue place (as the *ter-* ned Dioscorides writeth, draweth down the termes, helpeth the straight- *ness* of making water, recouereth the water betwene the skin, and *droppe* amendeth the stiches of the side or pleurisie. *stich & pleurisy*

This commended for the sting or bite of anye venomous worme or beaste: This also applied to the priue place, draweth forth the dead *y & dead* yongling, the leaues shred and applied with hony, doth thoroughly cleare and amend the great eating in of blcers. *oaring ulcers*

It is thoughte that no venomous beast may hurte the creature whi- *root* che weareth or carrieth the roote about him: and the roote hanged about *ven.* the necke, doth profite against the swelling of the throate. *gumme*

The Garden Carote is thoughte to heate and drye in the thirde de- *carrot* gree, but the leaues and floures especially, and many times the one *dry* is used for the other in phisicke causes.

There is another kinde of Carot (being red in colour) whiche maye be eaten rawe, but the same sodden with the Turnep, seemeth a pleasant and dainty dishe: and this may in the like order be sown, as the others aboue taught.

The Carote growing of the owne accorde, which of mooste men named the wilde, more auayleth in the lease and floure for phisicke purposes, than the roote dothe: So that the leaues are to bee gathered to vse, when the same yeeldeth the floure, whyche after the separating of the roote, oughte to be dried in a shadowie place, and kepte in leather bags for the whole yere: for these haue the propertye of dissipating, consuming, and attracting, and is of qualitey drying by substance.

The

*Orheum*  
*apt for*  
*m.*  
*anguis.*  
*of arme*  
*my cough*  
*lost breath*  
*head flux*  
*ind chol*  
*tom.*  
*my quill*  
*toph.*  
*ripes*

The heade bounde aboute with the powder of this herbe, made sufficiently hot, amendeth a colde reume: the hearbe (after the boyling in wine) drunke, and a good quantitie of it after the sleeping in wine and oile for ten days, boyled so long, untill the wine bee wasted, and after the harde toyinging forth of the herbe, the whole sette ouer the fire, and a little waxe put to it, in making therof a plaister, which applied, amendeth the paine of the stomacke, proceeding of winde or throughte colde, the strangurye, and stoppyng of the vyne, and bothe the Collike, and flacke passion. *viuac pass.* *Colick*

This Carote boyled in wine, wyth a quantitie of figs to discretion, and the same drunke fasting, remoueth a dry cough: the decoctiō drunke dothe likewise helpe the harde fetchyng of breath. If the head be washed with the water of lye, in which the hearbe afoze is sodden, doth remoue the fluxe of the heade proceeding of a colde cause.

If three handfulls of this hearbe be boyled in wine, to whiche oyle added in the boyling, and applied to the bellye, doth remoue winde and heate the stomacke: if a Strope be made of the hearbe and floures, and the Juice of Fennell, and the same drunke morning and euenyng, amendeth without doubt the stoppyng of the liuer and milke.

The hearbe boyled with Gallowes, and hearbe Mercurye, bothe in wine and water, and the same after the boyling, applied on the nauell, amendeth the belings and gripings of the belly.

The vertues and helpes of the distilled water of the Pارسenep.

*salty*

The herbe with the roote finely shred, oughte to be distilled about the ende of Marche, in a Tin Limbecke with a softe fyze.

This distilled water drunke morning and euenyng, vnto the quantitie of three ounces at a time, and the trembling members bathed wyth the same, doth in shorte time amende the shakynge of them.

If the water euery euenyng (at the going to bed) be drunke vnto the quantitie of sixe ounces at a time, doth not only moue forwarde the veneriall acte, but encrease the Sperme.

*ty pmer*  
*Seed*  
*ood to cause urine*

This water drunk vnto the quantitie of foure ounces at a time, both Morning and Euenyng, recouereth in shorte time the straightnesse or painefulnesse in the making of water.

The

The diligence and skill to be vsed, both in sowing and ordering of the Garden Poppie. Chap. 28.



**T**he Garden Poppie (after the minde of the Neapolitane Rutilius) oughte to be committed to the earthe, in the moneth of September, if it bee in a hotte and drye place: but the Seedes in colder and more temperate places, may be bestowed after the middle of February vnto the ende of Aprill, and sowed in beddes among the Colewortes.

The plantes come the better forwarde, if to be vine braunches or other boughes of trees be burned in the places, where you after mind to bestowe the Seedes. To be brieke, the seedes of the Poppie and Dyll, require the like order and diligence in the bestowing in the earth, as aforesittered, of the herbe Theruill, and Arache.

The phisicke benefits of the Garden Poppie.

**T**he white Poppie as al other kindes, cooleth in the fourth degree, and the seedes full ripe, before the gathering in the Sommer tyme may be preserved for five yeares.

The grene heads of the garden Poppie, boyled vnto the thickeesse of Honey, profit vnto many griefes: thys receyued procureth sounde sleepe, remoueth the cough, it also stayeth the fluxe of the bellye, if any annoynteth the belly with it.

The Poppie Seede (after the bringing to powder) mixed with newe milke or brothe, and giuen to children to drinke warme, procureth them to sleepe.

The seedes brused and spred on a tolse of Butter, doe cause children to sleepe: the seedes confected with Sugar, and eaten, doe maruellously preuaile, in procuryng the weake patiente to sleepe soundly.

The Sirrupe of Poppie helpeth the reume, cough, and lacke of sleepe, by preparing it after this maner: Take of the newe heades both of the white & black Poppie one pounce, of raine water foure pints, boyle these so long together, vntil a pinte and a halfe remaine, to whiche after the straining adde of Sugar, and y Pennites, of eche six ounces: these bolle vnto

Do.



vnto a heighth, according to art, and this they name, the simple Sirrope.

The compound is made after this manner: take of the freshe heads, both of the white and blacke poppy, twelue ounces of maiden hear, two ounces of licourice, fine drammes of *tuiba*, thirty in number, of lettuce seedes fine ounces, of the Mallowes and Quince seedes an ounce and a halfe, these after the boyling in foure pintes of water vnto two, straine throughe a cloth, to which adde of Sugar and the Prunits one pounde, making thereof a Sirrope according to arte: for this recovereth a drye coughe, the consumption of the Lungs, the Reume, and debility of sleeping.

A plaister made of either seede, to whyche womans milke, and the white of an egge added, this applyed on the Temples, procureth sleepe.

The Seede of Herbe of the white Poppy, (after the tempering with the oyle of Roses) applyed on an vlcer caused throughe a bruse, draweth forth the heate in it, and the same applyed on a hotte Liuer, greatly profiteth.

The pouder of the white Poppy Seedes, mixed with oyle oliue, and annointed on the chine of the backe, remoueth the griefe of the Joyntes, and strengthneth them, the seedes after the brusing with oyle Oliue, applyed in plaister forme aboute the heade, not only procureth rest, but sounde sleepe.

The patiente which cannot sleepe, may bruse certaine heades, and after the beating, presse forth the Juice, with whiche washing the face, like an aialeth. The heades of the greene Poppy, boyled vnto a thicknesse of hony, profite vnto many causes: for this taken procureth sleepe, remoueth the cough, stayeth the fluxe of the belly, if any annointe hym with the same. The Juice of Poppy, mixed with the oyle of Roses, and annointyng the feete therewith, remoueth the rage of the Goute: the seedes of the white Poppy brought to pouder, and mixed with the oyle of Violets, and the chine of the backe annoynted with the same, profiteth againste the Ague, and heate of the Liuer.

The commended vertues of the distilled water of the white Poppy.

The aptest time for the distilling of the white Poppy, is in the beginning of June, and that the hearbe finely shred bee distilled in a

Linne Limbecke with a softe fyze.

This water profiteth againste the red spottes of the face, if the same be washed with it twice a day, this procureth white handes, if they be washed with it.

The distilled water druncke vnto the quantitie of foure ounces at a time, before the going to bed, and anointing the Temples or beating beyens of the Arrets, doth not only procure quiet rest, but sound slepe, this also bled, mitigateth the paine of the heade proceeding of heate.

This water applied with linnen clothes wet in it, extinguissheth any heate, and profiteth a burnt skime through the Sun, in remouing the heate, by the often applying of linnen clothes wette in it.

What skill, diligence and secrets is to be lerned in the sowing and ordering of the Cucumber. Chap. 29.

**T**he auncient in time passe confounded or rather contrayne matched the Gourds with Cucumbers, as the lyke also Plinie did, and Euthydemus the Atheniā in his booke which he wrote of pothearbs, named the Gourd, the Indian Cucumber, and Menedorus a folower of Brasistratus defineth two kinds of the same: the one, to be the Indian, which as he bittereth, is the Cucumber: and the other to bee that, which is named the common Gourd. The Cucumber besides (after the sentence of Varro) is so named, for the crooking of it, and the Greke physicians named it both Sicyon and Sicyus, for that it staieth and represseth (as Demetrius writeth) the venereal acte, throughe the colonesse consisting in it.

But leauyng further to utter of the kindes, let vs come to the matter, in teaching what diligence is required, about the well handling of the Cucumber.

The Seedes after the minde of the Neapolitane Rutilius, desire to be bestowed in furrowes not thicke togyther, and these raised well a foote and a half high, but in breadth three foote, and between the furrowes muste the owner leaue spaces of eyght foote broade, whereby the Cucumbers (in the growyng) maye freelye wander and spreade a broade.

These after the coming vp, need neither to be raked nor weeded about,

for that in theyr fyrst comming by, they ioye and prosper the better, by growing among other herbes, of whiche these are greatly strengthened and ayded.

The plants creepe a long, on the Earth, and spreadde into bzaunches muche like to the Vine, whiche for the weakenesse of the stalke, are caused on suche wise to spreade abroade on the grounde, except these be otherwise shored by in their growing, with ppropes workmanly sette in the Earth, for the better staying by of the weake armes and bzaunches, that the fruites corrupte not by lying on the Earth.

The Seedes for the moze parte, appeare by the sixte or seauenth day after the sowing: being sufficiently moistned with store of water for that space and time, by a pot or pottes of water dropping continually downe with a lisse or wollen clothe hanging forth of the mouth of the pottle, which manner of watering is named filtering.

This kinde of waterpynge, is one of the chiefeest matters required, in that the plantes prosper and come speediest forward through the muche moisture, in which they mightily ioye: Yet these are muche hindered, and greatly feare the frostes, and colde ayre. For which cause the plants oughte at suche colde times to be workmanly fenced wyth mattresses of strawe diligently spred ouer them. The skillfull *Rutilius* writyng of the workmanly orderyng of the Cucumber, willett the Seedes to be committed to the Earthe in the moneth of Marche, and for daunger of the colde or frosts, to couer the beddes with mattresses of straw, vnto the middle of Maye, at whiche time the plantes oughte to be remoued, and sette againe into beds wel dunged and thicke layde for to run forth and creepe abroade on the grounde, but the plantes yelde the moze: if they be bestowed in beds wel filled with earth & dung, and these raised aboute a foute highe.

In the bestowing of the Seedes in the earthe, the owner oughte to haue a care, that hee sette the Seedes in beddes a lengthe, and these well two foute asunder one from the other, herein considering whether the Seedes be broken by the righte or tenth day followyng, whyche founde cyther harde or broken, doeth denote a perfectnesse or goodnesse of the Seedes: But these in a contrary manner descetned losse, are vnprofitable, and to be caste awaye, in whose places others requyre to be set, prouing by the sixte or eighte day, if the Seedes

bee broken or otherwise soft, which in a contrary manner seeme, bestowe others in the places, as aboue taught.

The plantes, after the coming vp, neede not to bee weeded in any manner, for as muche as the plantes better prosper and growe the fairer, by coming vp among other herbes, of whiche these take a nourishment.

If the seeds befoze the sowynge, be stieped for two days in sheeps milk as *Rutius* willet, or in water and Hony, as *Plinie* instructeth, or in Sugered water, which cause the Plantes, after their perfitte growth, to yeelde Cucumbers, both sweete, tender, white, and most pleasant, as well in tast, as in sight, as the singular *Columella* hath noted, and befoze him the Greke *Florentinus*, also after both, *Plinie* and *Palladius*, to al which experience confirmeth.

The Gardener which woulde possesse Cucumbers timely and verie soone, yea and all the yere thzough, ought (after the mynde of the *Nepolitane*) in the beginning of the Spring, to fill vp old wozne Baskets and Earthen pannes without bothomes, with fine sifted Earth tempered afoze with fat dung, and to moysten somewhat the Earth wyth water, after the seedes bestowed in these, which done, when warme and Sunny dayes succede, or a gentle rayne falling, the Baskets or Pans with the plantes, are then to bee set abroade, to be strengthened and cheeryed by the sunne and smal houres: but the euening approaching these in all the colde season, oughte to bee sette vnder some warme couer or house in the grounde, to bee defended from the frostes and colde ayze, which thus standing vnder a couer, or in the warme house, moysten gently with water sundry tymes, and these on such wise handle, vntyl al the Frostes, Tempestes, and colde ayze bee past, as commonly the same ceaseth not wyth vs, let aboute the myodes of Maye.

After these, when oportunitie or an apte daye serueth, the Gardener shall bestow the Baskets or Pannes vnto the byrname, or deeper in the Earth well laboured and tymmed befoze, with the rest of the diligence to be exercised, as afoze vttered: which done, the Gardener shall enioye verie forwarde and tymelyer Cucumbers than anye others.

This matter may bee compassed, both easier, in shorter tyme.

and with lesser trauel, if the owner (after the cutting of the waste branches, doth set them in wel laboured Beds, for these in far shorter time and speedier, do yelde sayre Cucumbers.

This one thing I thinke necessarie to be learned, for the auoyding of the dayly labour and paynes, in the setting abroade and carrying into the house, either halfe Tubbes, Baskettes, or Earthen Pannes, whiche on this wise, by greater facilitye, may be done, if so be the Gardener bestowe the vessels with the plantes, in Wheelebarrowes, or suche lyke with wheelles, for these, to mens reason, causes marvellous easines, both in the bestowing abroade, and carrying again into the warme house, as often as neede shall require.

The yong plants may be defended from cold and boistrous windes yea frostes, the colde ayre, and hotte Sunne, if Glasses made, for the only purpose, be sette ouer them, whiche on suche wise bestowed on the Beddes, prebbed in a manner to Tiberius Cesar, Cucumbers all the yeaere, in which he toke a greate delight, as after the worthy Columella, the learned Plinie hath comanitted the same to memorie, which euery day obtayned the like, as he writeth.

But wyth a lesser care and labour, may the same be performed, as Columella writeth, if in a Sunny and well duned place (sayth he) sundry rodde set a rowe, aswel of the Osor as Bemble, and these so planted in the Earth, after the Equinoctiall of March, to cut a little wythin the Earth, whose heads after the wider enlargyng with a thicke wooden pynke, to bestowe softe dung cyther within the pithes of the Osiers and Bembles consistyng in the middes: these done, to fire or putte Seeds of the Cucumber into the places, which after the growing to some bignesse, ioyne with Osiers and bembles.

For the plants on such wyse growyng, are after not fed with their owne, but as it were by an other mother roote feeding, whyche by the same meanes yelde Cucumbers, that wyl indure the colde season and frostes.

The learned Plinie uttereth the same matter, admonyschyng here the reader, of the wronng instructions of Columella, although he seemeth to alledge an Authoure, for whych causett shal bee to great purpose to heare the sentence of Plinie in this, who removing the erreure of Columella



mella uttered, that Cucumbers may be enioyed all the yeare greene, instructeth and willet, that the greatest rodde of the Bramble be set agayne into a Sunny place, where these be cutte, well two fyngers long, aboute the Equinoctiall Spring or myddle March, and into the heades of these, after large holes made, the Seedes to be bestowed lying especiallve within the Pythes of the Brambles, and fylled wyth softe dung, whiche done, that fatte dung and syne Earth, after the well myxyng togyther, ought to bee thyecke layed, and dylgentlye heaped aboute the rootes, which maye the better resyste the colde.

But howe so ever these ought to be handled, it well appeareth, that Plinie doth dysagree wyth Columella, in thys instruction.

For Plinie wylleth these to be set, about the Equinoctiall Spring, but Columella, aboute the Equinoctiall Harvest, as the Peapolitarie Rutilius interpreted and noted the same, to whom, as it shoulde seeme, be bare a fauoure.

The plantes muche feare the Thunder and Lychtning, for whych cause, the Gardener may not set nor remoue them at those tymes, besides if the tender fruites be not couered ouer wyth sheetes or thynne Couerlets, when such Tempests or stormes happen, they commonlye after perish and wyther.

The Gardener myndyng to possesse long and tender Cucumbers, oughte to sette vnder the young fruites growyng, an Earthen Panne, Bole, or halfe Tubbe fylled wyth sayre water, wel fine or fyre fyngers, yea halfe a foote dissaunce from them, for these by the nexte daye, wyll be stretched vnto the water, so that setting the Pannes lower into the Earth, or raylyng the fruites higher, ye shall daylye see them stretched forth towarde the water, vnto the admiration of the owner, for the length of them, which depriued of their vessels of water, shall in a contrarie manner see them wynded and creaking, so muche these ioye in the moysture, and hate the drouth. The fruites likewise will grow of a maruellous length, if the floures be put to grow wythin hollowe Canes or Pypes of the Elder. But the same, is othera

oth erwise to be learned of the Oyle, for as the Cucumbers so deadly hate (as Plinie writeth) by setting vessels of the oyle, in steed of the water vnder them, they after bend and wynde away, as disdayning the Licour, whereby the owner shal wel try and see that these to haue bended so crooked or winding as an Hooke, in one nights space.

But there muste be a special care, as Columella (after the Greke Florentinus) admonisheth, that no woman, at that instant, hauing the reds or monthly course, approacheth nighe to the frutes, especially handeleth them, for through the handling, at the same tyme, they feeble and wyther.

If she in the place be like affected, shal she after kyl the yong frutes, with hir onely looke fixed on them, or cause them to grow after vnsauerie, or else corrupted.

The Cucumber will yelde frutes without seedes, if three dayes before the sowing, the seedes be steeped in oyle *sesaminum* or Saurine oyle (as the Neapolitane *Rutilius* hath) noted, or that the seedes afore be steeped in the iuyce of the Herbe named of Plinie *Culix*, or as the same in Greeke may be coniectured *Coniza*, in English Fleabane.

The like shal be wrought, if the first armes or branches (after the conditiō of the vines) be on such wise digged about, that only the heads of them appeare naked, which a thirde time to be like bared, if neede shal so require, yet such a diligence to be exercised in the same, by what branches growe out, and spreade on the earth, to be workmanly cut awaye, preserving only the stem and branches, that last shote forth: which on such wise handled, yelde frutes with the only Pulpes, hauing no seedes in them.

If the Gardener desireth to enioye Cucumbers, hauing Romaine letters, strange figures, and skutchings or Armes imbossed on the grene rinde without, he may, after the liuely counterfayting of forimes on the Mouldes of woode, best owe of the potters Clay or playster of Parrys, vnto the thickeesse of a finger, which like handled, and cut into two partes, let drie in a sayre and hot place, that these may the sooner serue to vse, after best owe into the hollow mouldes, framed to a like bignesse and length as the frutes, of the yong Cucumbers, which fast bound about, and so close together, that no ayre breath in, let these on such wise hāg, vntill the frutes haue filled the mouldes within, which they ioy to do,

and

and be readie to be gathered.

For the yong fruites of propertie, by the reporte of the skillful, doe so much desire or be so wonderful desirous of a new forme, that into what workmāly vessel or mould they yong fruits be bestowed, they by an earnest wyll and desire, represent the figures counterfayted wythin, as the same found noted in a singular work of Husbandrie which (why Rutilius may ascribe to *Gargilius Martialis*) I see no reason.

To be bziere, as the coming of the mould shall be, such wil the beautie of the fruites bee: for many fruits haue bin seene (as *Plinie* reporteth) whiche represented the image of a winding Dragon on them.

The owner minding to enioye Cucumbers, a long time freshe and sayre, ought to bestow them in white wine lies vncorrupted or not turned, the vessel after the wel pitching without, covered with a heape of sande, in some lowe Sellar or vaulte in the ground.

The Cucumbers doe lyke continue a long tyme, if they bee bestowed in a proper Pickle, made of water and Salt.

But the freshe and delight of them, will a longer time be preferred, if after the husbandlye instructions, the owner hang them so hygh in Barrells or Ferkyns, being a quarter filled or somewhat lesse, that these in the hangyng doe in no manner touche the byneger.

And the vessels shalbe dilygentlye pitched about, whiche the owner prepareth to serue to thys purpose, that the force of the vineger, in no maner breatheth forth, for this by nature is otherwise penetrable or ceth, through the thynnesse of partes. And by thys practise, may the owner at due tymes, all the winter through, make delectable Sallets of them.

The Cucumbers, by report of the skillful are the longest time preserved freshe and Greene, if so be these are bestowed in a Glasse vessel, filled with the purest distilled vineger, which if the owner will, hee maye also preserve a long tyme, if that he cutte them off, whyles they yet bee young and small, and these bestowe in a vessel of hotte water to bee scalded, whyche done, laye the Cucumbers abroade all the night tyme, to be thoroughly cooled, after lay Cucumbers into a vessel filled with a sharpe Pickle, made of water and salte for thys wil preserve them, by the former meanes, until new do come or may be had.

The Auntient reporte, that a Pickle maye be made, to preserve the Cucumbers and Gourdes a long tyme, wyth Salte, vynerger, Fennell, and Maioram, if so be the Cucumbers in some vessell be layed by courses, and these aboue named, strewed betwene.

There bee others, whiche affirme, that these maye a long time bee preserved freshe and greene, if they bee bestowed into the Pickle made of vynerger and Mustarde Seede wroughte together.

The lerned Plinie wylleth the Cucubers to be laid in a furrow made in a shadowie place, strewed after the forme of a Bed with sifted sande, which on such wyse handeled, to be couered ouer wyth Earth and oze Hey.

Atheneus reporteth, that the Cucumbers bee byggest and sayrest to the eye, at the full of the Moone, so that these receyue an increase, acording to the Moones light, through the watye moisture consisting in them.

For which cause, if the Gardener myndeth to enioy sayre and bigge Cucumbers, let those be gathered at the full of the Moone, where in the decrease oz wane of the Moone, they be then slenderer and not so lightly to sale.

To these, thys Atheneus (fauoured of Plinie) addeth, that how often it thundereth and lightneth, the Cucubers so often (as stricken with a feare) turne and bende.

Thys one thyng is maruellous, that Hoyles and Asses are exceedingly delighted with Cucumbers, in so much that they receyuing the sauoure farre off, are by a maruellous delighte allured to runne and bzeake into the place, where these manye tymes grow. For which cause, the hedges and bancks about must be strongly made, wherby they may in no manner, bzeake in to treade downe and waste the Cucumbers.

But the same is moze maruellous whyche in the Greeke instructions of Husbandrye is noted, and of manye hath beene proued, that if an Infante sicke of the Ague, and suckyng styll of the Breauste, bee layed on a Bedde made of the Cucumbers to sleepe, beyng framed of lyke lengthe to the Chylde, and that hee sleepeyth on the Bedde but a little tyme oz a nappye, he shall immediatly be deli-

uered

hered of the same, for whyle he sleepeeth, al the seuerous heate passeth in-  
to the Cucumbers.

If the owner would enioy Cucumbers, hauing but little water in  
them, hee muste digge a furrowe, of a reasonable deapth, and the same  
filled halfe by wyth chaffe, or the wast braunches of Tynes or trees,  
synely broken, couer ouer wyth Earth, into whyche then bestowe the  
Seedes, of a reasonable distaunce asunder, and in the coming vpp  
water not the Plantes, or these moysten very little, but in the rest, order  
the Plants as afore taught.

As to the loosing and purging of the bodye belongeth: if the owner  
shall steepe the Seedes in the rootes of the wyld Cucumber bruised,  
eyther Ruberbe, Turbyth, Agaricke, Elleboze, or any such lyke made  
into a Potable water, for thre dayes togyther, and for fve dayes  
togyther, after the Plantes shotte vppe, doeth often moysten them  
wyth thys licour, he shall after enioy fruites, whych wyl gently purge  
the belly.

And they may be caused to worke the stronger, if the rootes, while  
they sende forth theyr braunches, bee digged aboute, and the smaller  
rootes vppwarde cutte awaye, in the places of whyche, a quantitie of  
the Elleboz, or some other purgynge simple layde, and the Earth dily-  
gently couered about.

## *The Phisicke commodities and helpes of the Cucumber.*

**T**he Garden Cucumber, is moyste and colde in the seconde degree,  
but the seeds dryed, haue the qualitie of drying in the firste, or be-  
gynnyng of the seconde degree.

Dyphilus Carystus (a Physitian among the Greekes very well  
learned, and in Husbandry singular) disallowed or rather forbade the  
Cucumber to be eaten at the begynning of Supper, as a meate in-  
commodious to the Creature, in that the same (after the eatyng)  
procureth the person like to reffe, as the Radoshe doeth, but thys  
eaten lasse at the meale, worketh an easier dygestion of the  
meate, where otherwyse in manye, thys casteth vppe the meates  
eaten.



The tougher part inclosing the seedes, is of a harde digestion, but the softer Pulpe or substance wythin, is of a farre speedier and easier digestion, and profitable to the Chollericke and hotte and drye stomackes, beyng moderately eaten, for that this both cooleth, and extinguissheth thyrist.

The whole substance of the Cucumber, maye moderately be eaten with vineger and salte of such, which dayly exercise some labour of the Bodie.

But to such which labour not, or bee fleumaticke, this altogether denyed, for as much as this greatly harmeth especiallly the stomacke & sinows, yet hath the water (workmanlye distilled) and the iuyce cleare strayned forth, the propertie of remouing the Ague, and mitygating thyrist.

The Cucumber is not to be eaten sodden, but rather raw, with oyle and vineger, and the better fruites are those, whiche bee gathered at the full ripenesse, or in the hand discerned somewhat light.

The seedes brused and drunke, doe amende the strong sauour of the byrns, but the decoction moze auayleth in thys, and awageth the heate of the kidneys, yea it abateth the heate, and thirste of the Ffeuer.

The sayde Diphilus instructeth, that the seedes haue the vertue of coolyng, and for the same cause, hardelye dygested and sente by the wyndyngs of the bellie, yea these (as hee affyrmeth) doe cause a greate coldenesse, ingender Choler, and abate the vnergall affe.

The Seedes, after the brusing, drunke in eyther Cuite or Mylke, doe greatelye profite suche as hauing an vlcered bladder. To these, and suche as are payned wyth the coughe, if so manye seedes bee taken and bled at a tyme, as maye handesomelye bee taken vppye wyth thre of the syngers, and these after the brusing wyth Cummyne, drunke in wyne, dooth in shorte tyme amende the same.

The sayde powder drunke in womans Mylke, vnto the quantitie of thre ounces at a tyme, profiteth the frenche persons, and suche molested with the perillous fire Disenteria, yea thys powder drunke with a like wayght of Cummyne seedes, in powder recouereth the spitting by of corruption or matter.

The whole substance and meate of the Cucumber, hath the vertue of cleansing and cutting asunder, of whiche the same causeth cleare bowyes; and somuche the more, if anye after the vying, finely beating, and searling of the seedes vseth the same in steele of a cleansing powder.

The learned Galen writing of the vse and properties of the Cucumbers vitereth an instruction worthy the learning, that although these (sayth he) be well digested of the Chollericke, and that suche wythout care, eate plentie or muche at a time of them, doe after in the continuance of time, increase a cold and somewhat grosse humour in the veines, whych not able to be digested in them, doeth after corrupte the sounde blonde.

For that cause (saith he) I iudge it profitable to refraine the meates being of an euill Juice and nourishment: although that those in certaine persons, may easily be digested: For to vs not takyng a care and regard of them, is an euill Juice gathered (after a good distance of time) in the betnes, which as soone as the same once putrified by a lyght occasion, doth immediatly kinde and cause wicked feuers: these hitherto Galen of the incommodities of the Cucumbers.

What skil and secretes are to be learned in the sowing  
and workmanly ordering of the Gourde.

Chap. 30.



**I**n the Kindes of the Gourdes, requyre the same trauaile and diligence in the bestowing in the Earthe, as aforetold of the Cucumbers, which after the large setting asunder and often watering, appeare (for the more parte) about the Earthe, by the sixte or seventh day after the bestowing in beds.

The weak and tender bzaunches, shot vp to some heighth, and creetting by a certaine propertie in nature vpward, require to be diuersly aided with poles to run by in sundry manners, as either ouer a rounde and vaulted Harbour, to giue a more delighte, throughte the shadowe caused by it, and the seemely frutes hanging downe, or else by poles directed quite vprighte, in whiche the Gourde (of all other frutes) most earnestly desireth, rather than to run bzaunching and creeping on the

Ce. iij.

grounde

grounde like to the Cucumbers.

The plants loue a fat, moyst, and dunged loose ground, as the Neapolitan Rutilius in his instructions of husbandry hath noted: If a diligence be bestowed in the oftē watering of them, the plants require a lesser care and trauaile, in that they are very muche furthered, by the store of moisture, although there may be found of those, which reasonably prosper with small store of moisture, or being seldome watered, and that they of the same yeelde fruite of a delectabler taste.

If the owner or Gardener happen to commit Seedes to the Earthe in a drye ground, and that the tender plants appeare about the Earthe, bys care shall then bee, to water them plentifullye for the speedier shooting vp after this manner: by taking certayn pottes filled with water, into whiche tongues of clothe afore layde to the bottoms of the pottes, that these may the workmanlier distill and droppe often on the plants, through y<sup>e</sup> stouping forward of them: which no doubt, profiteth greatly the plantes in growth and hot seasons.

The longer and smaller haue fewe Seedes in them, and for the same more delectable in the eating, yea these better accompted of, and solde in the Market.

The Gardener minding to committe of the Seedes to the Earthe, oughte afore to steepe them in a boll or panne of water for a night, whereby the Seedes apte to be sown, may the surer be known, whiche hee shall well perceiue by those resting in the bottome, of the cunninger sorte preferred and vsed, but the others, swimming about (as vnprofitable) and seruing to no vse, are willed to be throwen away.

The chosen Seedes are to be set in beds two together with three fingers vnto the middle Jointes, and the sharper endes fixed byward, but the beds afore oughte to be digged two foote deepe, and so many broad, and the Seedes bestowed well thre or foure foote asunder, one from the other (in these filled vp with olde dung,) well turned in with the earth, or rather to procure them speedier to grow and yeelde the fruite the sooner, lette the beddes be filled with hotte horse dung, new taken oute of the stable.

If the Gardener woulde possesse Courdes of diuers formes, as long, rounde, and shorfe, it behoueth hym to choole and lette the seedes accordinglye, for those Seedes taken oute of the necke of the Courde,

shall the owner after the counsell of the singular *Columella*, learned *Plinie* and *Rutilius*, set in well dunged ground, with the sharpe endes upwarde. Which after the well watering (as aboue taught) yeelde fruits, long in fourme, tenderer, and better esteemed. The Seedes taken oute of the myddes of the bellye, and sette into the Earthe with the bigge endes upwarde, doe yeelde (after the husbandely handeling) and watering, greate fruites, rounde, and large, of whiche after the through drying, and meate taken oute, bee bottels and other vessells made, to serue for diuers uses, in that these growe farre larger in the belly, than any of the other kindes.

The Seedes taken oute of the bottome of the Gourde, and set with the grosse or big endes upwarde, doe also yeelde after the workmanlye ordering, fruits both greate and large, yet these far lesser and shorter. And the Seedes in generall, in what place they bee sette, oughte to be bestowed in earth well dunged, and the rather with hot horse dung, new taken out of the stable, if these bee set in the moneth of March. But y<sup>e</sup> seeds in no manner, may be bestowed in low places, lest shours of rain falling, hinder and corrupte the fruites, throughe the ouermuche water cloying and standyng in the Alley or other low place. The plants shot hyppre to some heigthe, oughte to bee diligentely weeded aboute, and the earthe heaped highe vp, and when neede requyrezeth in the hot seasons, to water them often.

If the Seedes happen to bee set in a Earthe smallly laboured and hollowe, when the plants be somewhat growen aboue the grounde, the owner oughte to digge away of a good depthe from the yong plantes, the Earthe rounde aboute, that the rootes may the freelier runne and spreade abroad: the plants further growen and shot vp, may the owner erecte to runne and spreade like to a Vine, well a mans heigthe.

If the plantes happen to be annoyed with the Leke or Garden fleas, the owner shall remoue and drie them away, by the only setting of the herbe *Diganye*, in sundry places among them, on whiche (if these happen to lighte) they eyther are incontinente killed, or caused to encrease but few after, as the Greeke writers of husbandry, in their skilful practises witnessse. Out of which with diligence we haue also gathered these, that to the owner or gardner, may happily appere profitable: as the Gourde (a matter somewhat strange) to yeelde fruits without seeds,

if the

If the Seedes before the setting be stieped for three dayes at the least, in *Sesaminum*, or *Sauine* oyle, as the *Neapolitane* *Rutilius* uttereth, or in the Juice of that hearbe infused, named *Conyz*, in Englishe *Flaubane*.

The like may bee wroughte, if after the condition of the Vine, the principallest and firste stemme shotte vp, be on such wise digged about, that alonely the heade of the same be left bare. Whiche as it shall increase, muste the owner repeate, yea a thyrd time, if neede shall require the same.

And in this doing, muste the owner haue a care, that as the braunches spread forth (whether vp right or on the ground) to be cutte away, herein preserving only that stemme, which shot forth last.

The Gourdes on such wise handled (as the Cucumbers afore noted, will yeelde fruits without seedes, possessing only Cartilages, and a soft pulpe within. If the owner would possesse fruits timely and very soone, then after the instruction of the Greeke writers of husbandry, bestowe in earthen pannes or olde baskets without bottomes, fine sifted earthe intermedled with dung, aboute the beginning of the Spring, in which the Seedes sette, sprinkle and moisten sundry times with water: after this, in faire and Sunny dayes, or when a gentle shower falleth, set them abroad, but when the Sunne goeth downe, bestowe the baskets with the plants within the house againe, and these like order so often (and water when neede requyrezeth) untill all the frostes, tempests, and colde season be gone and past. After this as soone as oportunitie and time wil serue, and that a faire day be presente, bestowe all the baskets and pans of earthe vnto the bymme, in well laboured and dyessed beddes, and applye that other diligence requyred, throughe whiche the Gardener shall possesse timely fruite, aswell of the Gourde as Cucumber.

The same matter shall the owner bying to passe and cause, with lesser coste, trauayle, and time, if he cut away the waste braunches of the Gourdes, or tender shottes of the Cucumbers, for on such wise handled they speedeller yeelde and send forth their fruites.

If the Gardener coueteth to enioy diuers forines on Gourds, or sundry caracters on Cucumbers, let him bestowe the floure or tender yong fruite of either, as the same shall yet be hanging on the braunche, into a mould of like bignes as the fruite. Which so handled, will after cause



whether the same be Gourde or Cucumber, to possesse on the upper face, the like figure or characters, as were afore imprinted within the mould.

For the fruite of either after the minde of Gargilio so muche desiredly a newe forme, that it like representeth the Image or figure imprinted within the mould. In somuch  $\frac{1}{2}$  of what form the mould of the Gourde shal be fashioned, on such manner shal the fruite growe within  $\frac{1}{2}$  mould: And Plinie for confirmation of the same reporteth, that he sawe many Gourdes fashioned in their ful growth after the forme of a winding dragon. If the owner endeouureth to possesse long and slender Gourdes, he muste bestowe the yong fruites newe growen, and hanging still on the Vine branches, either into a Truncke of wood, or a long Cane boared throughe all the Joyntes, whiche in tyme growing, will stretch and shewe forth into a marvellous lengthe. For the same substance which shoulde encrease into a breadth, is caused throughe the hollowe pipe to stretch and growe slender, wherby the narrownesse of the hole so hindring the bignesse of growth, procureth the fruite to runne into a length, as the like Gourde by the same occasion, Plinie sawe to extend wel nine foote of lengthe. The like fruites altogether shal the Gardener purchase, if vnder the vines, he set of some deepenesse in the grounde earthen pans filled with water, and they distant well fine or sixe fingers from the Gourdes hanging downe. For by the morrowe or nexte daye shal hee see the fruits stretched euen downe to the water, by which leading and handling of the pans with water they may be caused to grow of a wonderfull length.

But the pannes for a time remoued or taken away, will cause the fruites to croke and winde vpwarde, so muche of propertie they ioye in moisture, and refuse or hate the drouth: yet of the oyle is otherwise to be learned, for somuch as they deadly hate the same as Plinie writeth, whiche if in the steele of water it be set vnder the fruites, causeth them by the nexte daye to winde an other waye.

If this likewise they can not do, yet doe they wythe, and as it were disdainyng the same croke vpwarde after the manner of a hooke, as a like forme of the fruite may be tried in one night space.

This one matter oughte especially to be cared for, as Columella after the Greeke Florentinus warneth, that no woman come or verie sell doine approche nighe to the fruites of the Gourdes or Cucumbers,

for by his only handling of them, they feeble and wither, whiche matter if it shall happen in the time of the Termes, doeth then eyther flea the yong tender fruites with his looke, or causeth the to be insaury, & spotted or corrupted within. The Gourdes determined to be kepte for seede, ought after the minde of *Rutilius* the Neapolitane to hang still on their Vine, unto the Winter time, and cutte or broken from the same, to be dyed eyther in the Sunne or in the smoke: for the Seedes otherwise are prone to putrishe, and not after profitable to any vse. The Gourdes and Cucumbers will endure, and be kepte a long tyme freshe and faire to the eye, if they be hyd & couered with white wine lyes, not ouer egre or soore, in the hanging down in pipes or hogs heads. They bein like maner defended and preserued by bestowing them in a pickle or brine. But they will a long time continue freshe and faire (as the worthy instructers of husbandry reporte) if so be they hang so highe within the vessels, that they be nothyng neare to the Vineger. And the vessels appointed for the only purpose, shall diligently be pitched ouer & round about, least the spirites of the Vineger in the meane time breath forth, whiche by nature otherwise is penetrable, thorough the thinnesse of partes. The Cucumbers maye in like maner be kepte for a long tyme if they shall be bestowed in a vessell of distilled Vineger: for on suche wise they putrishe not, as hath bin tried of the skilfull searchers of secretes.

Thus by these practises, may the owner enioy faire Cucumbers and Gourdes all the Winter to vse, whiche if the Gardner will, shall bee also preserue a long time, if whyle the fruites be tender, bee cutte them off, and scalde them in hot water, and after laye them abroade all the night to coole, and bestowe them on the morowe into a sharpe pickle or brine, made for the only purpose, whiche on suche wise handled, will maruelous well endure, untill the newe be come.

In this place cometh to minde, and that very aptly, the same whiche *Athenens* boasted, as touching his strange feast that he prepared for his friends, and especialy in that he serued them with greene Gourdes for a dainty dish, in the moneth of January, which so pleasauntly sallowed and eate, as if they had bin new gathered, in a manner. At which like, by study and diligence of the gardners that exercised this arte, they supposed them to be preserued.

As the like Nicander long before Athenæus and many others report, who will the Gourdes to be firste dried in the ayre, and stitched through the heads with a strong packthreed, to be after hanged vp in the smoke, that the pots filled with them, maye leysurely soke all the Winter, and drinke in of the Brine.

At this day in Fraunce, throughe all the Winter moneths, are the Gourdes hanged bype in the rooves of their houses, to bee preserved for dainty dishes Greene, when occasion offereth to vse them, especiallye those whiche are named the Citrones, that farre longer endure, and bee not so lightly subiecte to putrifying.

The fruites of the Gourdes, Melons, Pompons, and Cucumbers, may be caused to loose and purge, like to many others, if the seedes bee steeped for a night and a day in the licoure made wyth Riberbe, Agaricke, Turbith, Sene, Colocynthis, Scamonie, or other simple purging medicines, and those after the bestowing in the Earth, watered for fūe dayes togither, and fūe times euery day. When the Gourde is felte vnpleasaunte, the fruites by the steeping, may after receiue what sauoure and taste the owner will, if the seedes before they bee committed to the earth, be infused for a time in any pleasaunte licoure, whether the same be damaske or muske water, for the plantes shootyng vp of these, will yeelde fruite of like sauour, aswell being sodden as rawe, after the condition of the Cucumber.

The like altogether may be wroughte or caused without any arte, if whyles the fruite is a seething, you bestowe in the licoure what taste, colour, or sauoure you desire to haue. For the Gourde and Cucumber are of suche a kinde, that they be void of any qualittie.

The rinde of the fruite of the Gourde growen to full ripenesse, becommeth so harde as woode.

The Gourd planted in the ashes of mans bones, and watered wyth oyle, yeeldeth fruite by the ninth day, as the auntient Hermes affirmeth. Whiche man, for that he teacheth vaine matters, for the same cause be giueth me occasion to credite him weakely. Yet experience doeth many times cause the vncertaine to proue certayne.

*The phisicke benefits and helps of the Gourde.*

**T**he fruite of the Gourde, is of a colde and moiste temperament, and the seedes especially vsed in medicine. That worthy phisition Crippus with the Grekes, condemned or rather bitterly forbad the Gourdes in meate, as vnprofitable for their colnesse to the stomacke.

That skilfull man Diphilus contrarie affirmeth, that the Gourdes boyled in water and vineger, do strengthen the stomacke.

The learned Galen writeth, that the Gourde in no manner maye bee eaten rawe, in that the same is vnpleasaunte to eat, but either sodden roasted, or fryed in a panne, is well commended.

The Greeke writers of husbandry doe report, that the Gourd doth loose the belly, and that the Juice of the same dropped into the griened eares, caused of heate, they affirme to profit, vnto whyche vse of it self, and with the oyle of Roses dropped warme into the eares.

The outwarde rinde pared away, and the meate with the kernels, not fully ripe, heated or parboyled in water, and after dried small like to the Cabbedge, and boyled with butter, Onions, and a quantitie of Salte. This on suche wise prepared and eaten, profiteth leane men.

Others after the cutting of the vnripened fruite into round slices, boyle them with butter in a dishe like Apples.

The wine standyng for a night abroad, in the hollowe of the freshe Gourde, and drunke with a fasting stomacke, purgeth gently the bellye collicke.

The meate of the Gourd, after the seedes taken forth applied, helpeth the cornes of the toes and feete: the Juice of it boyled, and rubbing the mouth therewith, fastneth loose teeth, and assuageth the paine of them, proceeding of a hot cause.

The seedes of the Gourde cleane picked from their skinne, being sodden in Barly water, strayned, and drunke, heale the inflammations of the liuer, kidnies, and bladder, the impostumes of the breaste, and prouoketh vrine.

If a sicke person of the Feuer, refuse to drinke of this water, a Sirroppe then with Sugar, may be compounded of the same, whyche mightily profiteth all kindes of Agues.

The

The iuyce of the peeces of the Gourde, tempered with milke and vinegar, in whyche a linnen cloth wette, and applyed on the Lyncer, verye much aswageth the heate of the Liver.

When the winter approcheth, the seeds ought to bee taken forth of the fruite, and these rubbed wel with Salte, that the clammy humours may on such wise be remoued.

The seedes ought after to be layed in a drye place, whereby the proper moysture may not corrupt them, and those seedes like prepared, wil indure for three yeares.

The peeces of the rynde of the Gourde bruised, and annoynted or applyed in playster forme one the heades of Infants, doth aswage the inflammation or burning caused of the braine, the peeces or iuyce of the same applyed, doth like mytigate the burning Goute, and qualifys the inflammation of the eyes.

The Gourde after the fine shreddyng, applyed in playster forme, aswageth tumours and swellings, the drye Ashes applyed on burnings, doth maruellously auayle, the Ashes also of the ryndes applyed on blisters of the priuy place, beginning to putrify, both purgeth, and bringeth them to a scarre.

The iuyce of the Gourde, after the boylyng wyth a little Honye and Pytre drunke, gentlie loseth the bellie, the same iuyce myxed wyth the Oyle of Roses, and annoynted on the Rydge bone and Loynes, coleteth the burning of the feuers, this besides annoynted, helpeth the thyngles.

Here learne that the Gourde roasted, or boyled in a dish or fryng pan is more holeesome, than rawe, for that through the roasting, it leaueth a great force of waterie moysture, and therfore yeldeth a stronger and worthyer nourishment.

The Gourde sodden, requireth a tartnesse to bee matched wyth it, for the same otherwyse, is selfe vnsauerye and wythout delghte, so that it better reliseth, being matched with eyther salte, soure, or tartie thyngs, that neuer agree to the benefit of our bodie, and the same ought to be on such wise prepared, that it procure not the creature to vomyt, as the singular Galen, hath clearly vttered.



The benefites and helpes of the distilled water  
of the Gourde.

**T**he chosen time for the distilling of Gourds, is when they be full ripe, for those then are to be finely thred, and the kernels with the whole substance artely distilled.

The distilled water of the fruites, mixed w<sup>th</sup> a quantity of Sugar, drunk, not only loseth the belly, but ceaseth thirst, and helpeth the cough proceeding of a hot cause.

The layde water drunke morning and evening, vnto the quantity of thre ounces at a tyme, for fourtie dayes together, doth marvellously help the stone in the kidneys.

This water drunke in the lyke manner for tenne dayes together, purgeth the kydneyes and Bladder, and causeth vyne. this also drunke in the lyke manner, qualifieth the burning of fevers, when no other Medicine can aswage the same: thys besides applyed without, on the region of the hearte, w<sup>th</sup> linnen clothes wet in the same, like repelleth the heate.

Of the care, helpes, and secretes of the Pompons, Mel-  
lons, and Muske Mellons.  
Chap. 31.



**T**he auntient both of the Greke and Latin wyters of husbandry, attributed the Pompons and Mellons, to a kinde of Cucumbers which they confessed, very nere to agree with them, in that the Cucumbers, in their growth haue bin scene, to be changed into Pompons, and Mellon Pompons, which two kindes of fruite, doe differ in themselves, especially in the forme and quantitie, for wher these appeare to excede in bignesse, they are then named Pompons, but they growing rounde, and in forme of an Apple fashioned, are by a biewname of the Pompon and apple, named Mellon Pompons. For which cause Palladius nameth all thys kinde of forme of apples, Mellons, or as if a man should say he named them applewise or Quincelike, which are not wonte to hang, as Plinie writeth, but to growe rounde

on the ground, and they are then growen to a ripnesse, when the stalke is parted from the bodie, and a sweete saour from the belly striketh to the nose. further those growing after y<sup>e</sup> forme of a Quince, which properly are named Mellons, haue a harder and tougher meat than Pompons, and they not onely emoy lesser wrinckles on the rynde, but bee dryer, grosser, whyter of fleshy, and haue more Seedes than the Pompons.

The other kynde named Cytrons, bee in fourme and coloure lyke to the Cytron, and the leaues of y<sup>e</sup> branches deuided into many smal, partes after the forme of feathers or wyngs of Byrdes.

The other kynde named the wynter Pompons, are nothyng so bygge of growth, as bee the common Pompons of the Garden.

But the best kynde of al, are the Mellons, next the Turkysh Pompons, and those made sweete by Arte; when the seedes before the bestowing in the Earthe, are for a night layed in water wel mixed wyth Sugar. or in Hony.

The Mellons and Pompons hardly come vp in any Countrey at due tyme of the yeere, without a labour, cost and diligence of the Gardener in hastning them forward, noz these caused wel to spreade & yelde, before the greate heate of the yeare become, which season, some yeare, hapneth diuerse and intermedled wyth colde, and either ouer drie, or ouer moyst, which much hinder the ripening of them in the harvest time and towards the vyntage. for which cause the Gardener ought to hasten the frutes forward by dung, and heate of the beds, which alwaies procure a more helth to persons. The seedes of Mellons to bee sowne to the Earth, ought to be suche, whiche haue bin kept wythin the fruite, vnto the full rypenesse of the same: for these then taken forth of the Mellon be more worth, & reserue in the the proper substance within the bodie. If the owner would possesse the frutes of the Mellon timely he ought afore, to infuse the seedes in luke warme water, for sixe or seuen houres; and those after to bestowe in Beddes, prepared, aboute the tenth daye of Marche, well three or foure foote distaunte one from the other, and the Beddes to cast well two foote high, and so manye broad, and to fill them wyth olde dung synely broken, and wyth blacke Earth, sufficiently loose wrought together, for on such

will

wise handeled, they yelde a bigger fuller and pleasaunter fruite. Certaine skilful Gardeners bestow horse dung in Beddes, so hot as the same cometh forth of the stable, to cause the plants farre sooner to shoute vp, and they turne bywarde fire or tenne of the seedes of the pompone wyth y<sup>e</sup> sharpe endes downward (as certayne do foure or fife of them to come by) and those they lightly couer ouer, wyth much beating or treading the Earth downe on them. *Rutilius* in his Husbandry, willethe the seedes, both of the Mellow and Pompon, to bee thynne set in beddes, in suche manner, that the seedes bee placed well two foote asunder, and the places well digged and diligentely turned in wyth fyne dung, for the plantes ioye in a libertie, that they may spreade at wyl hyther and thither, and are greatly holpen by other hearbes growyng among them, as the Cucumbers are, so that they shall neede but little raking and pluckyng away of other Herbes.

After these, for daunger of the colde and frostes, the owner may couer the plantes and Beddes, with light mattresses made of strawe, or wyth mattes spreade on rodde, shored vp with forckes sette at each corner of the Beddes, or hee may for a seemlyer sight, laye abroade boordes or Tables on pillars or other stayes of stone, set at eche corner of the Beddes, in suche manner, that the boordes may bee lifted off, when the Sunne shyneth hotte, and sette ouer agayne, at the going downe of the Sunne or when the colde ayre is felte.

And as soon as the Mellow hath yeldd leaues sufficiente greate, the Gardener ought to water the same gently and softly, wyth a lyfte sharpened at the ende hangyng forth, and broade at the other ende (restyng wythin the Potte or Dish ful of water) whych on suche wyse continually moysteneth (by the droppe falling) the Earthe very drye.

The Mellowes further growen, the owner ought to remoue, and sette the plantes agayne, when the fruites are yeldded so bygge as Dringes, and thys especiallye muste bee done after the myddes of Maye, when as the colde of the yere is well spent, that othertwyle myght hynder the growth of them, and sette well fyre foote distant one from the other, in Beddes diligentely dunged and labored.

The Pompons purchase a far greater sweetnesse, and pleasanter taste, if the seedes afore be kept for three dayes in water well mixed with

with Sugar, or in water and Honey named Muls, and in like manner y<sup>e</sup> fruites are found sweete in the eating, if the seeds steeped in new Cow milke, be then set in well dressed Beddes.

The Pompons in like manner will obtayne a sauoure of Roses, if the seedes afoze be layed among dye Roseleaves for twentie or thirtie dayes togyther, and those after wyth the leaues, sette in well dressed beds, or y<sup>e</sup> seeds steeped in Rosewater, or other odoriferous licour, which after the drying in y<sup>e</sup> shadow, then as afoze vttered, comited to the erth.

As the worthy Authoure Florentinus in his Greeke instructions of Husbandrie writeth, and after hym the lyke that worthy Rutilius.

Here I thynke it a matter not to bee omitted, that Cats by an earnest desire couet the Pompons, for which cause the owners haue a care to loke diligently thereunto.

To procure Pompons to continue a long tyme without decaying or corrupting, let the owner water the plants for a time, with the iuyce of Houselecke.

The other matters to be learned, are fully taughte in the secretes of the Cucumbers & Gourdes, where many deuises are vttered, that may be vsed common. As if the owner woulde enioye timely fruites, and hauing straunge formes on them, big, laxatiue, and without Seedes, let him diligently reade and consider the former Chapiters, both of the Cucumber and Gourde.

The Mellons and Pompons ought then to bee gathered, when the stalkes begyn to feeble, and the fruites to yeelde a pleasaunte sauour in the eating; at whiche tyme the owner muste diligentely take heede of Cattes, that haue an earnest loue and desire to them, as afoze is vttered. Also the Gardener ought to conceiue, that those named the wynter Pompons, do neuer growe to a full rypenesse on their beds, and for that cause, to procure them speedily to ryppen, hee must (after the gathering) hang them by in the roofof the house, and eate of those, when they appeare yellowe within.

*The Physicke commodities of the Pompons and Mellons.*

**T**he learned report, that the Mellons coole and moisten in the second degree, yet those fealt sweete in taste, are temperatly colde. The seedes also are vsed in medicine, and possesse the same propertie.

Eg.

Diocles

Diocles Carisius (in libris salubrium) uttereth, the Pompon to bee easie of digestion, and to comfozte very muche the heart, yet the same yeldeth but a small increase to the bodie.

Diphilus reporteth that the meate of the Pompon doth make fat, yet very hardly digested, through coldnesse myxed wth the moysture of the same, besides it rendereth a small nourishment, and hardly moueth the bellie.

Phenias reporteth, that the Pompon must bee eaten after the stomacke is emptie, for that this otherwise is lightly conuerted into those humours, which of the same occasion hinder digestion, through the preeminence that it then obtaineth in the receptacle of the meate or stomacke.

Therefore he willethe the Pompons, to be eaten with a fasting stomacke, and to pause from eating anye other meate, untill this in the stomacke be halfe digested.

Diphilus writeth, that the Pompons eaten, do greatly abate vnnaturall heates of the stomacke, and mytigate wicked Agues.

Galen reporteth, that all kindes of Pompons, haue the propertie of cooling, and enioy a large moysture, yet those not without a manifest qualitie of cleansing, in that the seeds matuellously cleanse the face of sun burning, of pymples, and foule spottes.

This Authour further addeth, that the same doth yeelde and cause a wicked iuyce, although it may sometymes be wel digested of the stomacke.

Besides he affirmeth the same to cause Choler, and to yeelde the plentie of moysture out of order.

The Pompons ought to bee eaten for the firste meate, but in suche maner that such which are fleumatik to drinke olde wine after the same, & the Cholericke, to drinke some soure or tart thing after it, for on such wise handled, is all manner of harme auoyded.

For this kind of meate doth lightly alter into Choller, or fleume, for which cause the ouer sweete Pompon doth offende the Chollericke, and the fruite burype the fleumaticke.

Many worthy men prefer the long Pompons before the rounde, yet do all the kynnes moue or loose the bellye, and cause vrine, so that they shalbe ripe. For which cause they are iudged profitable for the kid-  
neys



neys, but the seedes more auayle, in so much that stones there prepared they maruellously expel.

The outward rinde of the Pompon applyed to the foreheade doth effectuouly aswage and stay the running of the eyes.

Such which haue a hotte stomacke, and encombrd wyth Chol-  
 are greatly harmed, if they drinke wine after the eating of the same, in  
 that of the owner nature it is lightly caused, and the wine immediatly  
 increaseth it more, and causeth a Warper humoure in suche bodies, and  
 apte to vompte: yea thys also extenuateth, grosse and clammie  
 humours, yet doeth it well agree, that the fleumaticke cate of the  
 Pompon, for as muche as in the same is a substance tender and  
 soluble, that is, the same which is next to the seede, for this doeth not  
 lightly corrupte:

The persons whych eate of the Pompons, maye not immediatly  
 eate any other meate after thē, in that those both corrupt, and alter the  
 same eaten.

All the kyndes of Pompons prouoke vomptyng, in bodies prepared,  
 excepte the meate enioying a good iuyce, be eaten immediatly vpon,  
 for they on such wise, moue the speedier downward.

The greater number of Physicians write, that those eaten, doth mi-  
 tygate the venereal act, and do abate the genytall seede,

The seedes properlye cleanse the face, if the skinne bee sundrye tymes  
 washed wyth the decoction of them, the Mellons as Galen reporteth  
 (in lib. de facultatibus alimentorum) haue the propertie of cleansing, for  
 which cause they may aptly cleare suny spots, pimples, and other foule  
 spots both on the face and body.

The seedes of the Mellon cleane picked from theyr upper skyn, and  
 diligently brought to poulder with Beane flour, thys after the artely  
 myring with Rosewater, and dyed in the sunne like cakes, dissolue in  
 fayre water, washing the face sundrye times wyth it: for this marnel-  
 lously clenseth, and procureth with wine a cleare face, yea the same mu-  
 difyeth all foule spottes on the skinne.

The seedes also haue the propertie of causing byrnie, yea those purge  
 both the Loynes & kidneys, but the seedes more auayle in the Loynes,  
 than in the Bladder, so y a mightier remedie muste bee inuented for the  
 stone of the bladder, than for the stone of the Loynes and kydneyes.

The rootes of the Mellons, not only cleanse, but heale the vlcers full of matter, being applyed with Honny in playster forme.

Many there be, which eate the Mellon with vineger, but to it they adde and myxe, the Pennyroiall and Onyons, by which the harmful force of the colde, might so be tempered.

Dyphilus writeth, that a little peece of the Mellone put into a pottle with meat, causeth the speedier boyling of the Pettie or Mustardseeds or the flyppe of the figge tree, on such wise ordered.

*The commended helpes of the distilled water of  
the Mellons.*

**T**he beste tyme for the distillyng of Mellons, is when they be thoroughly ripe, whiche shredde small, distill after arte, aboute the Harvest time.

The distilled water of the Mellons drunke, helpeth singularly the Stone, procureth vyne, and clenseth the kydneyes, the rather, being vled both moynyng and euening, for thre or foure weekes together, vnto the quantitie of thre or foure ounces at a time.

The sayde water, for a tyme drunke, not onely cooleth the Lyncer, but cooleth and extynguysheth all inwarde heates not naturall, yea thys tempered wyth Sugar and drunke, ceaseth maruellouslye thyrt.

The water drunke, in like manner abouesayde, amendeth speedilye an olde coughe.

The water applyed wythout the Bodge, wyth Linnen clothes wette in the same, not onely expelleth the heates, but the swellings of the Bodge, wheresoeuer those shal happen.

Worthy instructions about the sowing and setting of sundry phisike herbs, to these of the greatest number of flagrant herbes, and pleasaunt routes, and first of the blessed Thistle. Chap. 32.



Here afore we have sufficiently writte of the apt placing, and workmanly ordering of the most herbes, and frutes, both for the pot and sallets, and of theyr benefits for the use of phisicke: in this part following (for a further encrease and conforte of the simple) wee purpose to en-

treat not only of the artly placing of sundry phisike herbes, but to what uses these serue for the ayde and benefit of helthe. And of these wee entende to beginne with that worthy hearbe named the Blessed Thistle (for his singular vertues) aswell againste poisons, as the pestilente Ague, and other perillous diseases of the heart: Whiche to many at this daye is verry well knowne althoughe greate controuerties haue bin amidingst the Auncient phisitions, about the true description of the hearbe: for both the name and forme of the hearbe, doe declare the same to be a kinde of Thistle: yet the learned Ruellius writing of the blessed Thistle, came nearer to a trouth, and faithfuller described the forme of the herbe: in that he affirmed the same to haue a big  
 Eg. ii. stalk,

## The seconde parte of

stake, and leaues crisped with prickles (after the condition of the *Endiue*) the flower yelowish, and seedes small, contained within the coste downe, (as in the other *Thistles*,) and that they doe late waxe ripe.

This hearbe named the Blessed *Thistle*, requireth to be sowne in a well laboured ground, and the seedes oughte to bee committed to the Earth in the firste quarter of the Moone, but those not to bee bestowed in beds, about three fingers deepe.

The Hearbe also soyeth and well prospereth commyng by among Wheate.

*The phisicke benefits and helps of the blessed Thistle.*

**T**he hearbe of quality is hot and drye, whiche the bitter tasle of the same well demonstrateth, besides it drieth and somewhat digesteth.

The Hearbe hath the nature and propertie of opening, the stopping of members, of pearcing and causing vyne.

The blessed *Thistle* eyther eaten or drunke deliuereth the patiente from the mightie paine of the heade whyche be reth aboute the eyes: thys also putteth awaye giddynesse of the heade, restozeth (by a like reason) memozy losse, the hearing, and diseases of the Lungs.

The leaues broughte to powder, and drunke in wine, consume and sende forth the fleume of the stomacke, but the leaues are the better and handsomer taken, if of the powder pilles be made.

This in like manner purgeth the breaeste and bloud, and very muche profiteth the consumption of the Lungs. The leaues boyled in Wine, and drunk hotte, both cease gripings, prouoke sweate, breake the stone, and helpe the monethly *Termes*.

The hearbe for a time vled, comforteth the braine and sight, not on-ly if the same be eaten, but if the eyes also be annointed therewith.

When the Juice of the hearbe cannot be had, then let the powder, or the hearbe it selfe dyed, be steeped for a night in water, and the eyes washed with the same. The Juice also dropped into the eyes, remo- ueth the bloude consisting in them.

The blessed *Thistle* restraineth or stoppeth the bleeding of the nose, or mouth, if the hearbe be applied to the place, from whence it runneth.

The powder of the same hearbe purgeth the *Vulua*, the *Jawes*, and throte,

throat, and causeth that the patient may the easier cast and spitte forth  
fleume and grosse humours.

The herbe drunke in wine, amendeth a weake stomacke, procureth  
an appetite to meate, and abateth the heate, yea this consumeth the e-  
uill bloude, and engendreth the good.

If the hearbe shall be boyled in water and drunke, the same consu-  
meth euill humours, and preserveth the good, thys boyled in wine and  
drunke, prouoketh sweate.

The hearbe drunke boyled, or rawe wyth wine, braketh the stone,  
the same eaten, strengthneth the pallie members, and recouereth the  
exulcerated Lungs.

The blessed Thistle boyled in the water of a healthfull male Childe  
drunke, profiteth the drop sic persons, healeth the plague, and dissol-  
ueth all impostumes, yea this remoueth the Canker and falling sicknes.  
The powder of the leaues, vnto the quantitie of halfe a walnutte shell  
at a time drunke in wine, is a most presente remedy against the pla-  
gue, if the same shal be receyued within four and twenty houres space  
of the tyme grieved. If wine be boyled wyth the hearbe, and drunke,  
profiteth the like: this by a like manner receyued, amendeth the rotten  
Feuers of the stomacke, and suche encumbred wyth the Feuer Quar-  
taine. The downe proceeding of the flowers of the blessed Thistle,  
applied on deepe cuttes, and newe woundes, both in shorte tyme cure  
them wythout paine.

The powder of the herbe mixed with meale, and a plaister employed  
of the same with hot Vineger, helpeth the pusses and other swellings  
of the plague. The hearbe cureth any maner of burning, and the blisters  
proceeding of the same: if afoze dyped, and mixed with the proper Juice  
it be applied on the places.

Thys hearbe drunke wyth white wine, remoueth the Collike, and  
putteth awaye scabbes: the hearbe chewed in the mouthe, amendeth  
a stinking breathe: the hearbe also brused, and applied on botches spee-  
dely cureth them, yea this recouereth the defaultes of womens places,  
and causeth the Termes.

The bitter of venemous beastes maye bee holpen, ryther wyth the  
Juice, or decoction of the herbe in water, the powder of the hearbe eaten  
or drunke, helpeth stiches in the side, and the pleurisie: this also profi-  
teth



teb infanten incombred with the falling sicknesse, and wormes.

Manye worthy phisitions affirme, that the powder or Juice, or the decoction of this herbe both expell al maner of popsons: The example of whiche matter, Hieronimus Tragus (in hys Herball) learnedly bitereth, wher he reporteth, that ther was a certain yong maiden, which unknowing thereof did eate popson in an apple giuen to hir, whose body incontinente swelled, and no medicine coulde assuage the swelling, vntill that the distilled water of this hearbe was ministrd to hir, whiche in short tyme mitigated or abated the swelling, to the wonder of many, so that on this wise, the child was deliuered from al peril of the popson.

A like history reported of others, that a Childe happened to sleepe in the filde open mouthed, into whose mouthe an Adder crepte and wente downe into the bodie, but after two ounces of the distilled water was ministrd, the Adder incontinente crepte forth agayne (by the fundamente) wythout further harme or hurte vnto the Chylde. Wherfore against all popsons, they affirme the powder, Juice, decoction, or distilled water of this hearbe, to be a singular remedy applyed either within or without the body: But after the taking cyther of these, the patient ought to be diligently couered with clothes, that hee maye well sweate for thre. houres space.

The wine made in Harnest of the blessed Thistle, and druncke in the tyme answerable, profiteth and healeth all the griefes before vttered.

*The commended vertues of the distilled water of the blessed Thistle.*

The time and order of distilling of the same, is that the hearbe alone, about the ende of May be distilled.

The water distilled of the blessed Thistle druncke vnto the quantitie of two or thre ounces at a time, both morning and euening, putteth away headache, comforteth memorie, helpeth the giddinesse of the head, and recouereth especiall ye all the griefes of the eyes, althoughe they bee but washed with the same.

The water in like maner taken, profiteth suche being in a consumption of the body. The water in like quantitie drunke both morning and euening, breaketh the stone, and cureth any burning, by often, applying  
linnen

linnen clothes wette in the same.

The patient molested with the Quartayne or anye other Ague, by taking three ounces of the distilled water of the hearbe fastyng, well a quarter of an houre befoze the sytte of colde beginning, and lying down to swate, he will couered wyth clothes: shall within certaine sittes so blyng hymselfe, be deliuered either of the one or other Ague, the like doth the decoction of the hearbe or the pouder druncke hot with wine.

Against eating Cankers, or any other putride vlcers, there is scarcely to be found any other moztlier than the leaues, the Juice, decoction, or water of the blessed Thistle. And notable diseases hathe the hearbe recovered, especialye in women, whose breastes were eaten and consumed with the Canker, euen vnto the bare ribbes, by clensing first the places wyth this water, and applying after the pouder of the hearbe, which on such wise handled, healed them in shoyte time.

And Bathes are profitably made of this hearbe, for the dissoluing of the stone, and prouoking of the Ternies.

What care and secrets ar to be lerned in the sowing and setting of the hearbe Angelica. Chap. 33.

**T**he hearbe Smyrnium, which at this daye of all the phillitions and poticaries throughe out Europe is named Angelica: thys when in the firste yeaere it shall come vp of the Serde, yeldeth stalkes of a foote and a halfe high, a finger bigge, rounde, tender, smoothe, and bendyng backe to the Earth: these also deuided and spreade forth into two, three, and manye tymes foure smaller stalkes or armes, in whose toppe are leaues in forme like to the leaues of the Smallache, but farre greater, and those diuided into three partes, sharpe fashioned at the ende, and growyng vnto twelue fingers in heigth and breadth, and greene all the Winter.

In the second or thirde yere, the stemme shooteth vp out of the middle of the leaues, and in heigth two or somtymes three cubites, encreasing a within thombe bignesse for the moze parte, rounde, ioyned, whitish and smoothe, and as the same were sprinkled with dusty spots and hollowe within, beset also wyth leaues in ioyned forme, much lesser than the abouesaide. Thys also hathe little bzaunches, and certayne

Hh.

Stemmes

stennies shooting forth, in whose toppes are greate tassels; well shue of fire yndes broad; and those in forme imboss'd round, and full of whitte floures, in whiche do after succede two seedes, conioyned toggyther, long, cornered, and of an ashie white colour: those also contained within the huske, be long, plaine, blacke without, white wythin, and the tough kernell couered with a rinde of pillypg sharp edged. This encreaseth in roote many times so bigge as the hand can claspe aboute, and somtimes bigger, yea it sendeth forth the roote, before the stennie be come vpp, whych roote encreaseth in yeares well a foote of length, of into many partes deuided, beyng blacke without, and white wythin, bigge, softe, and full of Juice, whiche being cut sendeth forth a yelow Juice or licoure, from the inner side of the rinde, and a like licoure is contained in the beyns of the leaues, but the same more watery: yett

The root, seedes, and leaues possesse an eger taste, freting the iawes, somewhat bitter, thinne, and aromaticke or sweete smelling.

The moste effectuons of all the partes, is the proper licoure, nexte the seedes, then the roote, laste the floures and leaues.

The hearbe Angelica loyeth to be sowne in a well laboured earthe, and the same rather drye than moiste, for the harming by wormes, after the commyng vp, this requireth to be diligently werded aboute, and seldome watered. This Angelica flourisheth and beareth floures in the moneths of July and August.

#### The phisicke commodities of the Angelica.

**T**he hearbe of qualitie is hotte and dry in the third degree; it openeth, extenueth, and dissolueth.

This hath speciall properties against poysons, it cleareth the bloud and the bodye.

The roote is soueraigne againste the plague, and all manner of poysons; the like doth the distilled water of the roote preuaile.

The powder of the herbe, vnto the quantitie of half a dram, with a dramme weighte of pure Triacle, giuen in foure or five ounces of the distilled water of the same, and the patient well couered to sweate, dothe maruellouslie helpe the infection of the plague, and sodaine agues of sweating.

And

And for lacke of the Triacle, may a whole dramme of the powder be ministred.

The roote of the hearbe ( after the infusing in vineger ) applied to the nose, or the powder of the roote drunke sometimes fasting in wine, very muche auaileth agaynste a pestilent ayze.

The distilled water of the Angelica, or powder of the roote, ceaseth gripings of the belly proceeding of colde, if the belly otherwise be not costive. To be briefe, the distilled water and powder of the roote, recouereth all inwarde griefs of the body, and in the pleurisie or stiches of the sides, this is profitably ministred. The powder of the Angelica (or as some write the distilled water of the hearbe, helpeth ruptures, and the diseases of the Lungs, it putteth away gripings of the belly, amendeth the strangury, sendeth forth the yongling and Termes, and dissolucth all inwarde swellings of the body.

The roote boyled in wine, or water and hony, and drunke, preuaileth in all the aboue said griefs, being in due order ministred. The Juice bestowed into hollow teeth, stayeth the running of them: the water of the hearbe dropped into the eares, doth like auaille in the same. This also amendeth the dimnesse of sight. The leaues of the Angelica wroughte wth the leaues of Rue and Honey in playster forme, and the same workmanly applied, doeth not onely heale the bit of a madde Dogge, but the sting of venomous wormes. This plaister applied on the heade of the patiente sicke of the ague, doth in shorthe time drawe to it, all the heate of the feuer. The distilled water, Juice, and powder of the hearbe, workmanly applied in olde depe woundes, do cleanse, and regenerate, or renue fleshe in the places.

The distilled water applied with linnen clothes wet in it, doth maruelously assuage the ache of the hippes and goutte, in that the same consumeth soft and clammy humoures gathered.

Many other vertues of this hearbe maye bee gathered by the former helpes bittered.

The seedes haue like properties, as the roote possesseth, the wilde Angelica is weaker in vertue, but boyled in wine and applied in playster forme, doth especiall ye cure new and olde blcers.

what care & diligence is required in the arteful sowing of the  
herbe Valerian. Chap. 34.



The Valerian groweth up with a long and high steeple,  
ioynted and hollowe, bearing on the toppe a tusse, and  
flowers purple mixed with a whitenesse, or white mix-  
ed with a rednesse, after the forme of Dyanus, the roote  
as bigge as the little finger, and white, with manye o-  
ther small rootes branching in the earthe, and these ye-  
lowish of coloure, sweete in sauoure, and yielding the force of the spike,  
by a certaine strengthe of the sauoure. And this doth Hieronimus booke  
repozte, to be the true Valerian, and that rare to be founde, which for the  
rarenesse, is at this day sowne in many Gardens. The Valerian com-  
meth very well up, being beset in a moist and wel dugged ground,  
and the hearbe after the coming up, requirerh to be often watered, un-  
till it hath yeeled a highe steeple.

*The phisicke benefits of the Valerian.*

The hearbe of qualitie heateth in the thirde degree, and drieth in the  
beginning of the second, and the roote especialye serueth for the vse  
of phisicke.

The roote of the Valerian brought to powder, and druncke in wine,  
prouoketh sterilitie and vrine, the like performeth the roote it selfe, being  
boyled in Wine: yea this also amendeth the paine and stiches of the  
sides and backe.

The roote dried may be kepte for thre whole yeares, and gathered  
especially in the moneth of Auguste.

The powder of the roote of valerian, mixed wyth the white hekelbor-  
or neeleworpe, and the flower of wheate, this in apte places layed, killeth  
mice. The roote boyled in white wine with fennell and parcelly seedes,  
doth mightily prouoke the vrine, colde, healeth the paines in the sides,  
and moueth the Termes.

This also preuaileth againste poyson, and the plague, by drinkeing  
of it.

Certaine do boyle the roote of Valerian with fennell, Annise seedes,  
and Licourise, for the coughe and straightnesse of breathe,

The



The greene Hearbe and freshe roote bruised, and applyed, doth mŷtigate. the payne of the heade, staye fluxes, and profitteŷ the Hyngles

The floures of roote boyled in wine, and droppedy into the eyes, procureth a clearnesŷe of them, healeth the great pyles in the fundamente, & other vlcers, but this eŷpecially amendeth the dynimes of sight, as Jeronimus booke witnesŷeth.

## The worthy vertues of the distilled water of the Herbe.

**T**he conuenient time of the distillation of the same is that the roote, Herbe, and ŷtem, with the whole ŷubŷtance be ŷtyed together, and distilled about the ende of May.

The distilled water of Valerian, drunke vnto the quantitie of foure ounces at a time, both morning and euening, and linnen clothes wet in it applyed vpon, doth in ŷhorŷe time amende vlcers, olde ŷoares, and thoŷe cauŷing ŷwellings, yea thys auayleth againŷte the pyles, by applyyng linnen clothes wet in it.

The ŷaid water drunke in like quantity, both morning and euening profiteth the creature hauing any bone broken. This alŷo helpeth a rupture, or a bodie broken and droppedy in the eies, clereth them.

The distilled water of the valerian, drunke vnto the quantitie of a ŷponfull at a time, euery morning faŷting, doth expell the long wormes in childzen.

Thys water drunke in like manner, as afoze vttered, profiteth againŷte poyŷon, and a peŷtilente ayze: it healeth newe and olde wounds, cleareth vlcers and impoŷtumes wythin the bodye, and remoueth the ache of the hippes.

The distilled water orderly drunke, procureth cleare eyes, remoueth the paine in them, and prouoketh ŷweate, this poured into troubled wine, cauŷeth the ŷame clearer and purer to be drunke.

The ŷaide water aŷŷuageth the paine of the members, proceeding of an vntemperate coldeneŷŷe, by daily annoynting the members wyth it.

*Continued from p. 15*  
*Indolent*

The vertues of the distilled water of the rootes of Valerian.

The distillation of thys water is to bee wrought, from the fifteenth daye of August, vnto the eyght daye of the moneth of September.

This distilled water drunke, as afoze taught, doth remoue poyson, and profiteth against venemous beastes.

The distylled water drunke falling, vnto the quantitie of syxe ounces at a time, befoze the sitte commeth, deliuereth the Quotidian Ague.

The sayde water in like quantitie gyuen, and both annoynted, and applyed woth linnen clothes wet in it, amendeth the stiches in the sides.

When two persons at variance, shal drinke a quantitie of this water out of one cuppe togither, doth after procure them friendes, and louing one to the other.

The diligence required in the bestowing of the

Herbe Bytonie.

Chap. 35.

**T**he Betony is an Herbe, hauing a slender stemme, and foure square, growyng in manye places a foote and a halfe hyghe, the leaues long and softe, and indented rounde aboute, like to Oken leaues, and sweete smelling, among the whiche, greater leaues are those, growing nighe to the roote: in the toppe of the stemmes is the seede, reared after the maner of Saucie, the rootes spreading small, and beareth purple floures.

The Herbe Betonie loyeth to be sowed in a moist and cold ground, and by a byicke or stone wal to enioy the shadowe of the same, for the Herbe much delighteth to stande in the Sunne beames.

The

## The Phisicke commodities of the Herbe Bitonie.

**T**he Herbe Betony (after the kinde of the learned) is hott and drye in the first degree complet, or in the myddle of the seconde, and hath the nature of cutting asunder, whiche is manifest of the taste, that is soure and somewhat bitter.

The Herbe boyled with the floures in wyne and drunke, stayeth belching, the rawnesse of stomack amendeth, and the soure restings correcteth. The selfe same may the distilled water, or a confection made of the floures wyth suger, or the pouder of the drye Herbe it selfe, or mingled with Honye.

The Herbe drunke in wyne, very muche profiteth the diseases of the Matrice: and this, to be drye, is auaylable to all inward griefes of the body, in what manner soeuer the same be taken. For this giuen in Mulle vineger vnto y quantity of a dramme, profiteth in the sending forth of y harmful humors of y stomack, liuer, milke, kidneys, bladder & matrice.

The person which feareth to haue drunke prison, by taking a dram wayght of pouder in wyne, shalbe deliuered of the harne, both by vyne and siege.

The Herbe (after the boyling in water) drunke, profiteth the Obrenne persons, such as hauing the falling sicknesse, the Paulsie, and ache of the Hyppes.

The Herbe helpeth digestion, if any after supper, eateth vnto the bignesse of a beane of the same, being afore boyled in Hony, this also steeped in wyne for a night, and drunke, stayeth vomiting.

The Herbe boyled in wyne and drunke, expelleth the Ague, and mingled to the wayght of two drammes with Hydromel, sendeth forth the water betwene the skinne, and many humours.

The pouder of the Herbe to the wayght of a dramme drunke wyth wyne both speedily helpe the Jaundise, and sendeth downe the Terres.

The Betony boyled in wyne and strayned, if wyth three drammes of *(Hieru Riga Galeni)* asyred and drunke tastig gently purgeth the belly. The Herbe boyled with Hony, recovereth the consumption of the body, and matterie spittings of the Lungs.

The

The Herbe bruised, and applyed in playster forme on the hurt of the heade, as witnesseth *Apuleius*, doth by a maruellous speedinesse close and heale the same, yea this hath such a proprietie, that it fasteneth broken bones, and by his force draweth pieces forth, and dissolueth the clot- ted blood.

The ponder of the herbe giuen to the waight of a dramme in wine, stayeth the spitting vp of blood.

The leaues bruised & applyed in plaister forme on y eyes, both speedily helpe the eyes bruised or hurt by a strype: the rootes also of the Hearbe boyled to a thirde part in water, and the eyes suppled w the same water, doe speedily remoue the payne of them.

The iuyce of the Hearbe dropped into the eares wyth the oyle of *Roses* remoueth all manner of payne in them, the same amendeth the hardnesse of fetching breath, if the breast bee annoynted therewith. The Herbe eaten, cause the clearnesse of the sight.

The *Bytonie* boyled in olde wyne and vineger, vnto the consumption of a thyrde part, and gargelled in the mouth, remoueth toothach.

This drunke in wine recouereth an euil colour of the body, the same boyled in wine and drunk, they affirme of experience to profit the diseases of the *Mylte*.

The eating of two ounces of the powder with *Hony* for eight dayes together, aswageth the cough, two drammes of *Betonie* and one of *Plantaine*, ministred with foure ounces of warme water before the sit of colde, putteth away the cotidiane.

Thre dramms of the ponder, with one ounce of pure *Hony*, giuen in thre ounces of warme water, before y sit comming, doth maruelously remoue the fittes of the *Tertian* and quartayne ague.

For grieve of the bladder, take foure drammes of *Bytonie*, of *Warseley* rootes thre scruples boyled, but the rootes of y *Warseley* afoze boyled in a pynte of water vnto the consumption of the halfe, and then the *Bitony* added to, and giuen to drinke, which so deliuereth the payne, that neuer after it commeth againe.

The *Bytony* drunke in wine, dissolueth the stone, & helpeth al painful grieues of the bladder, yea this is mosse effectuous in the strangurie: certain perswade, for a singular remedy against the stone, so drinke the pouders of *Bitony*, *veruaigne*, and *parrotto* by equal portions in water.

The

## The Gardeners Labyrinth.

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The rootes of Bitony boylen with the leaues vnto a thirde part away, and drunke in water, with the Herbe applyed alone, doe maruelously aswage (of experience knowen) the pain of the Gout. The leaues heated betweene two new Tyles, and applyed to the foreheade, do mitigate the griefe of the eyes and stay the running of them, in that this among the other herbes, which they apply to the heade, obtayneth a principallitie.

The commended vertues of the distilled water of Betonie.

The time of gathering, and distilling the Bytonic, with the whole substance, is about the ende of Maye.

The distilled water of Bitony, as Hieronimus Brunsvicensis, a most expert Herbarian witnesseth, drunke vnto the quantity of foure ounces at a tyme, both morning, noone, and evening, putteth away the drop-sie, Jaundise, and any ague.

The distilled water helpeth the diseases of the kidneyes, mylie, and Lungs, and all those griefes tofoze vttered: the water either drunke or applyed on the places with linnen clothes wet in it, if the euil or griefe shall appeare without the body.

The skill and diligence required in the artly bestowing.  
of the Herbe Louage.

Chap. 36.

The Louage soyeth to growe by Wayes, and vnder the Euclyng of an house; it also prospereth in shadowye places, but especially delyghteth to growe neare to a running water.

This in the growing, sendeth by a long and slender stem, like to the Dyl, ioyned, with leaues rounde about like to the Melylote, sweete saouring, tenderer and softer, towards the toppe smaller and much more denided. In the toppe of the stem groweth a touffe, in which consisteth the seede, blacke, hard, and long, like to the fennel seed being sharpe in tast, & sweete in smelling, it also beareth a yelow floure, & hath a pale roote within, but black without, sharpe, sweete saouring, tender, full of iuyce, and byting the lawes.

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The Herbe for hys sweete sauoure is vsed in bathe, but the seede is of greater effecte in medicine.

*The Phisicke benefites of the Herbe Louage.*

**T**hys Herbe of qualitie is hotte and drie, in the thirde degree, the seeds indure in strength and vertue for thre yeres.

The drie roote bruised hateth the stomacke, helpeth digestion, expelleth superfluous humours, and drunk in wine, bnto the waight of halfe a dramme at a tyme, ceaseth all inwarde griefes, this also expelleth poisons, causeth vaine and the Ternies, and persourmeth the like matters, which the *Angelica* doth.

The Herbe boyled in wine or wafer, and drunk, openeth the stopping of the Liuer and milke, the Herbe bruised and myred woth Cummyne very much profiteth if the same be drunke in wine, for this recouereth the stomacke, and expelleth noyous windes out of the bowels.

The herbe Louage with Galingale and Cinamon boyled in wine, and drunke with a fasting stomacke, amendeth the diseases of the stomacke, milke, and bowelles, a pouder like to an *Eclegma* prepared of the Louage seedes, Cinamon, Raponticke, and Galingale, with sugar in equall proportion mixed, and drunke in wine, anapleth vnto the aboue sayde diseases.

If anye drinke a quantitie of the Louage seedes, in wine fasting, procureth the person to purge both bpward and downeward, the seedes after the boyling, giuen bp in glister forme, doth greatly ease the person pained with the Goute in the fecte.

The Seedes steeped for a night in white wine, and drunke fasting, doe mightily draw downe the Ternies, yet are the seedes of themselves ouer forceible vnto the vse of medicine inward, in that they ministrd or applied in plaister forme, both breake and open vlcers, yea expell mightily the deade yongling.

For which cause the strength of those seedes must be tempered, by a like waight of the Fennel and Annys seedes, which on such wise ministrd worketh his propertie in the bodie without harme.

But the seedes may safely be applyed without the bodie in any manner, without any other addition to them.

The Louage seedes boyled artely in wine, do aswage the grypings of the belly and bowels, remoune the swelling of the stomacke, digest the humours of the stomacke, cure the bitte of venemous wormes, procure vyne and the Termes.

A bath made of the Louage, Rosemarie, Penieroyall, Sage, Cammynte, Cammoniypl, Mellypote, the Cytryne sitchados, Mugworste, and Fenigreke, these together boyled in wine and sitting ouer the fume to sweate, not only openeth the poares of the body, and draweth forth euil humours, but dissolueth the stone, procureth vyne and the Termes healeth the Crampe, proceeding of the fulnesse of body, the paine of the Gout, the Palsie, the kings euil, and heateth all the inner members.

The roote brysed and applyed in playster forme, doth greatly auaille on the bitte of a mad dog, and venemous worme, in that the same both mytigateth and expelleth poyson.

*The commended vertues of the distilled water of Louage.*

The time of the distillation of the same is, that the leaues be cut together with the stems, be distilled in the middle of May.

The distilled water of the Louage drunke morning and euening vnto the quantity of two or three ounces at a tyme, both in shorte time helpe them, payned with stiches aboute the breaſte and sides, remoueth the griefe of the stone in the Loynes and bladder, cleareth the hoarinesse of voyce, and putteth awaye the daungerous swelling of the throte, by washyng and applyng on the same, linnen clothes wette in it.

The distilled water asuageth the swelling of the head, and the aking of the same, if linnen clothes wette in it, be applyed vpon, it procureth a whete and louely countenaunce, if the same be diligently washed, both morning and euening with the water.

This helpeth the pusshes, and rednesse proceeding of heate, hapning commonly from the knee downwarde, by applyng linnen clothes wet in it, that ceaseth the heate and cureth the pusshes.

This cureth the Canker of the mouth, if it be often washed with the same, and that at echetime, the powder of the Barbere roote be sprinkled vpon.

This also cureth the grieke, and exulceration of womens places, if these be washed therewith: for thre or foure times a day the same doeth the sayde water persourne, if linnen clothes wet in it, be sundrie tymes applyed vpon.

What care and skill is required in the bestowing of the  
Herbe Elecampane.

Chap. 37.



The Herbe Elecampane groweth vpon a long stem, big and mossie, & the leaues with mossie bears on the one side on the toppe of the stem, being many times a mans heighth, is a bigge yealow flower growing, in which the seedes are contained, and those by feeling procure yfche.

The roote within the erth reddish without, and white within, bigge, sharpe in tast, and sweete smelling. The roote is digged vp at the beginning of sommer, and sliced, dried in the sunne.

This especially flourisheth in the moneth of July.

The Elecampane may not be sown, in that the seedes bestowed in bees prosper not, but rather let the yong buds broken tenderly from the roote in Earth wel dunged and laboured asore. And those begynne to set in the moneth of Februarie, wel thre foote asunder, one from the other, in that those sende forth bigge leaues, and long rootes spreading in the Earth.

The Phisicke commodities of the Elecampane.

The Elecampane of qualittie heateth in the ende of the thirde degree, and moystneth in the first.

The powder of the drye roote mixed with pure Honye, and vsed in forme of an Eclegma, amēdeth the cough, & root also of the Elecampane (artelye prepared) defendeth the Lungs of euill humours, remoueth the ache of the Hyppes and ioyntes, and sickeneses proceeding of a colde cause.

This expelleth the grosse humours in man, and aswageth the ache of the Hucklebones, boyled also in wine, and mixed with Sugar in  
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the drinking, amendeth that harde fetching of breath by the necke especially holden vpright, and procureth vyne.

The powder of the roote druncke in like manner sendeth downe the Termes, and this is profitably ministred agaynst payson, and the bit of venemous woormes and beastes.

The roote canded with hony or Sugar, is saide very muche to preuaile against the daunger of a pestilent ayre, being asfoze eaten, for whiche cause (the rawe roote of manye) is eaten in the plague time.

The roote of the Elecampane, is canded after this maner, by plucking the roote out of the Earth in the moneth of October, at what time the same is growen to a full ripenesse, whiche then is to bee rubbed and clenfed with a course hearie cloth, after this scraped faire wyth a sharpe knife, and those rootes whiche are bigge, to bee sliced into three or foure peeces so long as a finger, which after the puttyng into a brasle chafer, to be tederly boyled with vineger, but in such maner, as the peeces burn not to the sides or bottome of the chafer: Wythin three dayes after the boyling, they are to be dried in the Sun, and then bestowed into a newe earthen pottle, well pitched about, on whiche a pleasaunt Cuiter poured to soke them in, and stoe of the herbe Sauerie pressed down vpon them: whiche done, the mouth of the pot to be diligently stopped with a skin or thicke parchement.

The rootes may otherwise be ordered in scrapping them cleane, and after the cutting of them into two or three peeces, well a finger long, to let those steepe in water a whole day, ouer hotte embers, whiche done, to boyle the peeces two or thre times ouer, in asynuche waight of hony or sugar.

The conserve of the Elecampane roote, maye bee made by: clenfing and scrapping the roote in the maner aboue taught: Whiche done, to cut them into thinn round slices, letting them soke in water ouer the hotte embers, for a long space, and to boyle them vntill the licoure be all wasted, then to beate those in a stone mortar, lettynge them after to passe throughe a strainer or linnen clothe: this done to boyle the whole with a like waighte of hony or sugar, two or thre times ouer.

All other rootes may in like manner bee canded, and made into conserve, but far pleasanter in the eating, if to the confectiō a quantitle of Sinamom bee added.

The same also they name to be candied, when the roote or the thing candied, remaineth whole after the candying, but the conserve in a contrary manner remaineth not whole, in that the same is beaten small, to the making of it.

The leaues of the Elecampane boyled in wine, and a playster made of the same, applied to weake and loose members, doth so muche heate them, that in shorpe time they recover strenght and healthe.

The Elecampane putteth away yre and heauinesse; comforteth the heart, and sendeth forth the superfluous humours by vyne: this also (after the minde of Hippocrates) causeth mirth.

The herbe defendeth and preserveth the skinn of the face, and like garnisheth the whole body with a continuall seemelynesse, the wine also of the Elecampane made, heateth colde members, the same drunke orderly, helpeth all the diseases which are afore vttered.

Here note, that all wines boyled or made of the Herbes, doe more preuaile in the morning, then at euening.

The Elecampane boiled with Pellitory, and mixed with oyle, applied hot to the belly, craseth the gripings of the bowels, and the same applied vnder the Reuel, remoueth and helpeth the strangury.

The worthy vertues of the distilled water of the leaues of the Elecampane.

The time answerable to the distillation is, that the herbe and roote mixed together be distilled in the ende of May.

This water drunke morning and euening, for fve or fixe dayes together, to the quantitie of an egge shell full at a tyme, expelleth the griefe of the stone.

The distilled water drunke in the saide manner, or a quantitie bestowed in drinke, helpeth the person broken: the same also drunke, and the heade annointed therewith, in suche manner as the same may dye in, greatly comforteth the heade.

The distilled water drunke morning and euening for certaine dayes together, comforteth and strengthneth the stomacke, amendeth the hard fetching of breath, the cough, pleurisie, poyson, the stone, and termes in women.



The distilled water strenghtneth the members annointed therewith, and the more by dayly drinkeing thereof. This also expelleth the stone of the kidneys and bladder, and the same clereth y<sup>e</sup> parts of the body, and causeth vyne, by drinkeing of it morning and euening, for certayne days together.

*The commended vertues of the distilled water of the roote.*

**T**he root of the Elecampane is to be distilled about the end of May, or from the moneth of July, vnto September.

The distilled water of the same drunke many dayes together, vnto the quantitie of two or three ounces at a time, healeth an inner rupture. The distilled water drunke in the saide manner, helpeth the stone, prouoketh the Termes in women, assuageth the grieve of the stone, and prouoketh vyne: yea this drunke in the abovesaide manner, sendeth the deade yongling out of the mothers wombe.

The distilled water eyther drunk or applied with linnen clothes wet in it, remoueth the swelling of womens places: the sayde water also drunke or applied with linnen clothes, assuageth the swelling of the testicles, and only this druncke often, both amende them.

The distilled water druncke sundry dayes vnto the quantitie abovesaide, both morning and euening, ceasseth the coughe, and consumeth the grosse and clammy humours about the stomacke.

*The care in the bestowing of the hearbe Pepperworze.*

*Chap. 32.*



**T**he Pepperworze is a seemly hearbe, yelding leaues greater and broader, than the peache, or Baye tree, and those thicker, greener, & softer, the herbe also growing a foot and a half, and sometimes, two foot high, wyth a stiffe and rounde stemme, bearyng on the top white and very small floures, after these a small

seede and long roote.

The leaues are sowre, and bite in taste like pepper on the tongue, for which cause this is rightly named Pepperworze. Thys groweth euery where in Gardens, and well ordered in the ground, endureth for two yeares.

yeeres, in certaine places also (as witnesseth *Ruellius*) it continueth greene tenne yeates. It flourisheth or beareth flowers in the moneth of June, and July, and nexte yeeldeth the Seede.

The hearbe *Pepperworthe* oughte to bee sette before the beginning of Marche, after the growing vp, to be clipped and cutte like the *Siues*, but this not often: for after the firste day of Nouember, the hearbe ought not to be cut, leasse it perissheth or dzieth throughe the colde season ensuing. The hearbe prospereth and continueth two yeares, if the same be well dunged aboute, and diligently weeded.

*The phisicke benefits of the hearbe Pepperworthe.*

**T**he hearbe of qualitie heateth and dzieth in third degree, as *Brunfelsius* reporteth, but *Galen* affirmeth the *Pepperworthe* to be hotte, as the *Cresses* is, in the fourth degree, yet lesser dryeth than it, and the leaues of this hearbe doth by property exulcerate: the nature also of the Hearbe, is to cutte and extenuate the meate receyued, and clammy humours.

The *Pepperworthe* is not to be vsed or taken inward without milke, and it hath the like properties as the *Cresses*, whiche after the manner of condite things, muste be condited with milke and salte. And the same may bee made after this manner, by infusing the freshe leaues in newe milke: and after the thirde daye, the whey pressed forth, to whiche then greene *Sauery*, the drye seedes of *Coriander*, *Dill*, *time*, and *parseley* mixed, and diligentlve beaten togther, thys well sodden and strained, to adde so muche salte, as shall suffice.

Seing the leaues possesse suche a sharpnesse (as *Dioscorides* reporteth) that they doe exulcerate partes wythin, for that cause maye they aptely serue vnto exulcerating in the paine of the hippe, if after the bruising wyth an *Elecampane* root, it be layd to the place a quarter of an houre. And this in the like manner lying to, assuageth the swelling of the Milke.

The roote beat with barrows grease, or with the *Elecampane* roote, and applied in plaister forme on the hippe griued, doth deliuer the ache in shorte time.

This amendeth the skynne of the face, by exulcerating, so that the same

same bee after healed, with oyle of Roses and waxe. And on such wise it easily taketh away foule scabbes and Leprie, and the marks of Ulcers.

The roote of the Hearbe Peppermorte tyed on the Arme, or hanged about the necke, is supposed to cease or aswage the toothache.

The care in the bestowing of the Celondyne.

Chap. 39.



The Hearbe Celondyne shooteth by a foote and a halfe high, and somatymes is more slender of stem, bearing many leaues, and those like to the Crowfoote, but softer and to a yelowish colour tending, yelodyng also a yelow floure like to the Violet.

The iuyce in the Hearbe of yelow colour to Safrone, biting the tongue, sorwe, somewhat bitter and strong saouring. The roote aboue all one, but within the earth shedde into many yelow hearpe rootes: it commonly groweth in shadowie places, by walles and in stony heapes: this flourisheth at the coming of the Swallowes, and all the Sommer, but it wythcreth at the departure of them.

The Celondine commeth by in any earth, yet dothe the same more toy bestowed in a shadowie place, and the seedes ought to be committed to the Earth in the moneth of February, which after the coming hyppre, wil endure for two yeaeres, if after the shedding of the Seedes, the stemmes be cutte away, well foure fingers about the rootes.

The phisicke benefites of the Celondine.

The Celondine is of qualitie hotte and drye, in the thirde degree absolute: but Platearius affirmeth the hearbe to be hotte and drye in the fourthe degree. Foure things are preferred of this hearbe, as the leaues with the stemme, the rootes, seedes, and Juice.

The Juice of the herbe boyled in a Copper vessell with hony on the coles, and dropped into the eyes, procureth a clearenesse of them, and putteth away the dimnesse of sighte.

The Juice mixed with salt Armoniacke, and dropped into the eyes remoueth the pinne and webbe growen on them, and causeth a clearenesse

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nelle of sight. The hearbe with the floures diligently beate, boilling them after in water; and that water boyled, poure into a pottle, setting the same againe ouer the fire, and well skimming it in the boyling: when the licoure beginneth to sceth ouer, straine it soone after through a linnen clothe, wherhe keepe close stopp'd in a glasse or a pottle to vse: for this dropp'd in the eyes, remoueth the dimuells of sighte.

The Juice of the root cleareth the leaprie, if any annointeth the places therewith, and the patient after taketh the Sirrope of Fumitorie for nine dayes togyther, both morning and euening, wherhe wythout doubt reconereth and healeth the same.

The Juice is to be purchased in Maye, aswell out of the rootes as leaues and floures beate togyther, and pressed swyth, whiche after the drying in the shadowe, to be formed into little pasties.

The root of the Celondine, boyled in white wine with Annise seedes, and drunke fasting, deliuereth the Jaundise through stopping in the body, and applied (after the boyling in wine) or chawed in the mouthe, assuageth the toothache.

A handefull of the Celondine purged, boyled in an equall quantitie of Rosewater, and strained, to which an ounce and halfe of Triacle added, is a most effectuouse remedy against the plague.

The roote boyled in wine, and applied in plaister forme on the shingles or Tetters, speedely healeth them, the herbe brused (as Platearius reporteth) boyled in wine, and applied vpon, or a sponge wette in the saide decoction: remoueth the Cholicke passion. The powder of the root, sprinkled on woundes and blcers, both clenseth and healeth them.

For the Canker of the mouthe, bone, or synewes, the powder of the saide roote, with the powder of roses wrought togyther with vineger, and boyled vnto a meane thycknesse, like to mustard, and the cankerous partes annointed with it, doth muche auaille.

For prouokying of the Termes, and clensing the matrice, let a foment be often applied with the water of the decoction of the same.

The commended vertues of the distilled water of Celondine.

The time of gathering and distilling the Celondine is, that the herb with the whole substaunce be small lyzed, and distilled in the middle of

ble of May.

The distilled water druncke vnto the quantitie of foure ounces at a time, bothe morning and euening, expelleth the yelowe Jaundise: this drunke in the like manner, auailleth againste the gripings of the belly.

The distilled water druncke in the abouesayde manner, mitigateth the ague, and remoueth scabbes caused of colde, if they often be bathed or souped with it.

The distilled water drunke vnto the quantitie of two ounces at a time, eyther twice or thrise a daye, profiteth vnto the stopping of the liuer, and milke.

This water dropped into the eyes, correcteth the pinne and webbe, putteth away the rednesse of them, and causeth a sharpe and redy sight.

If the mouthe be washed with the saide water, it ceaseth the toothache, and putteth away spottes of the face; if the face bee washed wyth this water.

The distilled water dryeth and healeth a Canker, yea Fistula also, and remoueth pestilent pushes, if a linnen cloth wette in it be applicd on the places twice or thrise a daye.

The care in the bestowing of the hearbe Filipendula.

Chap. 40.

**T**he hearbe Filipendula groweth in stonye and roughe places, as on hills, bearing a leafe like to the wilde parsnep, or Parsley, the stamme bigge, and a foot or somewhat more in heighth, yeelding on the toppe a white floure, in the moneth of July, after that the Seede like to the Ozache, and a bigge roote, out of whiche many round heades or kernelles growe.

The roote oughte to be digged vp in the ende of harnesse, why che endureth for tenne yeares.

The Filipendula commeth well vypp in anye Earth, yet doeth the Hearbe more toy, beyng sowne or sette in a stonye or grauellie ground: the Seedes require to bee committed to the Earth in the moneth of April, and to be like ordered, after the shooting vp in the weeding and watering as afoze tought of the other hearbes.

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*The phisicke commodities of the hearbe Filipendula.*

**T**he Filipendula of qualitie is hotte and drye in the thirde degree, whiche (his vehement bitternesse) sufficiently declarerth.

The seede, leanes, and stemme of the Filipendula, druncke in wine and hony boyled togyther, sende downe the after burden, and further the birth of childe.

The root of the Filipendula brought to powder, and drunk in wine, not only helpeth the Kings euill and strangury, but the stone, payne of the kidneys, and ache of the hippes.

The powder of this roote taken in wine, remoueth the swelling and coldenesse of stomacke, healepeth the hardnesse of fetchyng breath, and suche shorthe winded, yea all sickneses whych procede of a colde cause. The meale of this roote mixed with meate and giuen to eate, recouereth the falling sicknesse, by sundry dayes vsing.

Against the hardnesse of fetchyng breath, take this powder, and Gentiane in like waight, and vse the same in meate, for this without doubt auailerh in shorthe time.

*The commended vertues of the distilled water of Filipendula.*

**T**he cholen time for the distilling of it is, that the whole herbe with the roote be finely shred togyther and distilled in the ende of May.

The distilled water of Filipendula, drunk vnto the quantitie of thre ounces at a time, bothe morning and euenyng, recouereth the plague. The said water druncke vnto the quantitie of foure or fixe ounces at a time, auailerh against poyson, if a man by happe hath eithen eaten or drunke poyson.

The distilled water druncke vnto the quantitie of foure ounces at a time, both morning and euenyng, dissolueth and cureth the stone of the kidneys, and bladder.

FINIS.

# ¶ A necessary Table to the second part of this Booke, briefly shewing the Physicall operations of euery herbe and plant therein conteyned, with the vertues of their distilled waters.

A.

**A**gnetica cureth porsions, cleareth  
bloud, and preseructh the body a-  
gainst the plague. fol. 162  
Angelica auaieth against a pestilente  
ayre, it ceaseth gripings of the bel-  
ly, it recouereth all inwarde griefs,  
it helpeth ruptures, it amendeth the  
dimnesse of sight, the bit of a dogge,  
the heate of the feuer, deepe wound-  
des, renueth sicke &c. fol. 163  
Angelica alwayeth the ache of the  
hypes, and the Goute, it cureth new  
and olde vicers. fol. 163  
Artochoke refozmeth the sauoure of  
the mouth. fol. 53  
Artochoke causeth vrine and venereal  
ate. fol. 53  
Artochoke amendeth the hardnesse of  
making water, and the ranche sauor  
of the arme pites. fol. 53  
Artochoke strengthneth the stomache,  
and helpeth the priuie places, that  
men childre may be coctued. fol. 53  
Auge or Mage helpeth y stopping of  
the lyuer, it ceaseth the sheading of  
y gaule or rehow Tandise, it casteth  
y choler, softneth the belly, healeth  
trypostumes, swellings, swimnings  
drawing of the wind Hoit, expelleth  
worms, prouoketh vomityng, hel-  
peth a hote lyuer, it loseth the bely,  
deliuereth the pain of the bladder,  
helpeth the ague, profiteth agaynst  
spitting of bloud, it helpeth the ma-  
trice, draweth a thorne or nayle out  
of the skinne, it looseth rough nay-  
les from the fyngers, it helpeth the  
hot goute in the feet, it softneth the  
belly being hardened by heate, and  
remoueth swellings. fol. 18, 19.

B.

**B**ete looseth the bellie, prouoketh  
vrine, purgeith the body of evil hu-  
mours, it helpeth the smellyng, the  
payne of the eares, the payne of the  
guimmes, it procureth hear to grow,  
and killeth lyce, nittes, and dandye,  
it healeth wheikes, blisters of scal-  
ding or burning, gripings of y bel-  
ly, stayeth a lose belly, driueth away  
the worms of the belly, helpeth the  
obstrutions or stoppings of the ly-  
uer, the corrupted Spleene, and the  
shingles. fol. 14. 15  
The discommodities of the Beete: it  
gryppeth and bryeth the stomack, and  
encreaseth euil humours. fol. 15  
Bete softneth the belly cureth the bi-  
ting of a scorpion, the beating pain  
of the temples, it profiteth the Oyle  
on the mylt, it restrayneth the Ter-  
mes. fol. 17  
Bozage procureth gladsonnes, it hel-  
peth the giddinesse and swimming of  
the head, the trembling and beating  
of the heart, it encreaseth memorie,  
and remoueth melancolie, and the  
kings euill, it doth only comforte.  
Buglosse prouoketh for the roughnesse  
of the throat and cough, it procureth  
gladsonnesse, it purgeith red Chol-  
ler, it recouereth the Cardiake pas-  
sion, it expelleth the noisome humors  
of the Lungs, it remoueth the swel-  
ling of the feet, it preseructh a good  
memory, it comforteth the heart, and  
engendreth good bloud. fol. 28, 29  
Buckehorne helpeth the griefs of the  
ioyntes, it bindeth, it putteth away  
the feuer. fol. 77  
Betonte stayeth belching and rawnesse

# THE TABLE.

- of the stomache. fol. 165  
 Witonve profiteth the diseales of the  
 matrice, & all inward griefs. fol. 165  
 Witonve purgeth all porson, it profiteth  
 stremly persons, falling sickness, palsy,  
 ache of the hips, it helpeth digestio,  
 slayeth vomiting, it expelleth the a-  
 gue &c. fol. 165  
 Witonve cassneth broken bones, dissol-  
 ueth clotted blood. fol. 163  
 Witonve slayeth the spitting of blood,  
 it helpeth the eyes bruised, and the  
 paine of them, it helpeth the paine of  
 the eares, it causeth clearnesse of  
 sight, remoueth toothache, the quor-  
 tidian, tertian, and quartaine ague,  
 the grief of the bladder &c. fol. 168  
 Witonve assuageth the payne of the  
 gout &c. fol. 169  
 Blessed thistle causeth vyne, helpeth  
 the megrim, restoreth memory, and  
 hearing, helpeth the diseales of the  
 lūgs, purgeth heume of the stomack  
 and blood, helpeth consumption of  
 the lūgs, gripings, prouoketh sweate,  
 breaketh the stone, and helpeth the  
 monethly Cermes. It comforteth  
 the braine and syghie, purgeth the  
 blood in the eyes, stoppeth the blee-  
 ding at the nose, purgeth the Alu-  
 la, and ceaseth the Spitting of  
 heume. fol. 158  
 Blessed Chistie helpeth a weake sto-  
 mache, procureth appetite, abaseth  
 heate, consumeth cull blood, prouo-  
 keth sweate, strengthneth the palle  
 members, recouereth the lungs ex-  
 ulcerated: It profiteth agaynst the  
 droppe, helpeth the plague, im-  
 pūnes, cankers, and falling sickness,  
 it is a presente remedy agaynst the  
 plague, the feuers of the stomache,  
 and the quartan: It cureth greene  
 woundes, pusses, swellings of the  
 plague, any burning, the cholicke,  
 scabbes, a sinking breath: It hel-  
 peth womennes prūities, it hea-  
 leth Stitches, Pleurifies, and in-  
 fantes encombred with the fallen  
 sickness. fol. 157.  
 Blessed Chistie expelleth porson wyth  
 two examples. fol. 160
- C.
- Oliewozte helpeth the hardnesse of  
 making water, the Canker sores,  
 the Ulcers in the pappes of Wo-  
 men, aches in the toynts, hardnesse of  
 hearing. fol. 9.  
 Oliewoztes procureth the monethly re-  
 course of women, it cureth the sores-  
 nesse of eyes, it profiteth agaynst  
 the eating of venemous murtherers,  
 it maketh Childzen to goe speedy-  
 lyer alone, cureth the Disease of  
 the Splene and Jaunders, it clen-  
 seth the scurfe and itcapie, it amen-  
 deth the voice, and grief of arteries,  
 it cureth the bit of a dogge, it heal-  
 peth the Rheume, and falling of the  
 bunia, it helpeth the bit of a Ser-  
 pente or adder, it cureth the gout,  
 ioynt sickness, olde vicers, purgeth  
 the head, draweth the terms or red-  
 des downe, and quasheth inflama-  
 tions. fol. 10.  
 Oliewoztes assuageth great swellings,  
 it breaketh botches, slayeth the Med-  
 ding of hear, the diseale of the Splene,  
 it cureth eating vicers, canker sores  
 griefs of the flanches or sides, head-  
 ache, a drye cough, it drieth a moist  
 belly. fol. 11  
 Oliewoztes bryngeth these discom-  
 molities, it hardeneth the belly, it  
 harmeth the Rheumaticke, and wo-  
 men hauryng the Redde course on  
 them. fol. 11.  
 Therwill prouoketh vyne, and sendeth  
 downe the terms in women: it looseth  
 heume, it putteth away gripings of  
 the belly, it engendeth wynd, it kil-  
 leth wormes in the belly, it healeth  
 a canker, it ceaseth ache in the hips,  
 it remoueth the dandye of the head,  
 it healeth running sores, it healeth  
 the

# THE TABLE.

the bit of a madde dogge, it breaketh the stone of the bladder, and prouoketh vyne, it dissolueth the bloude gathered into knobbes. fol. 72. 73

Heruill healeth impostumes behinde the eares. fol. 73

Cresses dyeth superfluous humours, it expelleth the dead yongling, it cures the cough and looseth the breast, it auayleth agaynste the palsy of the tongue. fol. 73

Cresses are not to be vsed alone. fol. 73

Cresses restrayne the distillations of the head, cleanse the braine, and paine of the head, helpe against the palsey, prouoke sneesing, and amend the ythargie or sleepe out of measure: dyeth the vniua, helpeth infections of the heade, as knobbes and dandr: staeth the going out of the fundament, expelleth the round and flat wozmes in the body: these helpe the griefes of the breast, the ache of the hips, and greefe of the loynes, purchase a redier vnderstanding & wit, remoue the Cholike proceeding of a colde cause, healpe the Stranguery, remoue the paine of the teethe, and doth assuage the swelling of the milke. fol. 73. 74.

Carots amend a cold reume, the paine of the stomache, stoppyng of vyne, and cholicke, a dry cough, the hard fetchyng of breath, the fluxe of the heade, remoue winde, heate the stomache, the stoppyng of the liuer, the verings of the beie. fol. 128

Licorix cureth scabbed places, causeth a faire skin, recoucreth the stoppyng of the liuer, it purgeth the matrice, helpeth the liuer, & vering payne of vyne, the kings euill, the plague, burning-agues, pestilent pulses, the goute proceeding of heate, and cureth the shingles. fol. 56. 57

Elondine, the iurce of the herbe cleanseth the eyes, remoueth the Binne.

and webbe, being myxed with salt & armoniacke: The herbe remoueth the dyminesse of sight, the iurce cleanseth the leappy, the roote dyeth away the fardle, and helpeth the toothache, & healeth Cettlers or shingles: The herbe remoueth the Colicke passion, the powder of the roote cleanseth and healeth vicers, healpeth the Lander of the mouth, bone or sinew, being anointed with the same boyled in vineger with the powder of roses. fol. 178

Elondine boyled in rose water, and a quantitie of triacle added to y same, is a moste effectuous remedy agaynste the plague. fol. 178

Filipendula is of qualitie hot and dry in the thirde degree. fol. 180

The leaues and Stemme of Filipendula drunke in wyne and hony mingled together, healpe the after burthen, and furthereth the birth of childe, the roote brought to powder, healpeth the Kings euill and stranguery, the stone, payne of the kidnerey, and ache of the hippey. Taken in wyne it remoueth the swelling and coldnesse of the stomache, hardenesse of fetchyng breathe, and all sickeneses proceeding of colde causes. fol. 179

The water of Filipendula being drunk Morning and euening, vnto the quantitie of thre vnces at a time, recoucreth the plague. The same also being drunke foure vnces at a time is good agaynste poyson, and also dissolueth and cureth the stone of the kidnerey and bladder. fol. 180

E.

Indue preuaileth agaynste the stoppyng of the liuer and mylke, agaynste the simple & double tertian, agaynste the heat of y liuer, agaynste burning, impo. 2

## THE TABLE.

impossuines it draweth hot pusses, it cureth the Cardiacke passion, it stayeth the flux, it helpeth the hyngs cutt, the shingles, hote impossuines and swellings, assuageth headache, the spitting of bloud, the excresse of sperme. fol. 57. 58

**E**ccampane amendeth the cough, the ache of the hyppes, expelleth grosse humours, caseth the harde fetchyng of breath, it procureth vyne. &c. fo. 172

**E**ccampane is profitable against poison, agaynst the pestilent ayre and plague, &c. fol. 173.

**E**ccampane recouereth strength, helpeth the strangurie. &c. fol. 174.

### G.

**G**arlike heateth the body, extenuateth grosse humours, it expelleth wormes, cureth the bite of a Snake, taketh away blacke and blew spots. fol. 100

**G**arlike harmeth the Chollericke person. fol. 100

**G**arlike putteth away inwarde swellings, openeth impossuines, killeth lice and nittes of the heade, moueth vyne, helpeth toothache proceeding of a cold cause, stayeth the sheding of hear, cureth vicers, recouereth leproy procureth a clere voyce, & remoueth an old cough, correcteth the stomack cooled, drieth vp the moisture of the stomacke, it is a preparation against the bite of a serpent, relieneth the dullnesse of sight, healeth fisters and wheelks: it resisteth poison, remoueth vyne, procureth Cermes, draweth downe the after burden, cureth the bite of a madde dog, helpeth the digestion of a colde stomacke, the kings euill, frensie persons, dropie, it stayeth the fluxe, an olde cough proceeding of a colde cause, it killeth wormes in children, expelleth the brood wormes in bodies, it cureth the bite of venomous things, the swellings

of the bladder, healeth vicers of the lungs, dropie being of a colde cause: it helpeth the griefs of the lugs, and difficultie of vyne, headache, toothache proceeding of a colde cause, viche, the paine of going often to the stoole, expelleth a quartaine, cureth the pippes of hennies, it helpeth the stone. fol. 100. 101. 102. 103

**G**arlike profiteth agaynst contagious ayres.

**G**ourde comforteth the stomack, loseth the bellie, helpeth the heate of the eares, profiteth leane men, purgeth gently, helpeth the corns of the toes, fasteneth loose teeth and helpeth the toothache, the inflammations of the liuer and bladder, impossuines, procureth vyne, helpeth all agues, assuageth the heate of the liuer, the inflammations of infants heades, the burning goutte, the inflammations of the eyes, assuageth tumors, vicers on the priuie places, loseth the belaye, cooleth burning feuers, helpeth the shingles. fol. 148 & 149.

### L.

**L**ecke cureth the bite of a venomous beast, helpeth the difficulties of making water, stayeth the spitting of bloude, bulleth the syghte of the eyes, offendeth the stomacke. fol. 86. The Juice of the Leek is deadly. fo. 86. Lecke twyce sodden draweth downe the termes, procureth vyne, obtayneth a superfluous heate, stayeth the bleeding of the nose, causeth vomiting, and putteth away drunkennesse being eaten rawe. fol. 86.

**L**ecke amendeth an olde tough, and the vicers of the lungs, healeth pusses, the grief of the eares, and the toothache: it purgeth vicers, remoueth the bloud clotted in bruised members, stayeth the fluxe of bloud after birth, cesseth the bleeding of the nose, profiteth against paynes of the hyppes, cause



hackle ceaseth an olde cough, helpeth the droppe, staierh the fire of the belly, and helpeth a hoarse voice. fol. 87

Pero accustomed to eate an vnlet leke with oile for his soliding voyce. fol. 87

Leeke helpeth the paine of the heade, it preuaileth against the exulcerations of womens priuite places, looseth the difficultnesse of making water, aydeth the delivery of childe, for the spitting of blood and staying the bleeding of the nose is verie profitable, clenseth the woundes, helpeth the ache of the hips, recouereth the wasting of the lung. fol. 87. 88

Lettuce procureth sleepe, causeth good blood, helpeth digestion, looseth the belly, causeth plentifulnesse of milke in the breasts, Marpeneth the sight, cooleth impostumes, helpeth y droppe, cureth the Meding of sperme, procureth sleepe being layde vnder the couerlet, and profiteeth Chollericke persons. fol. 63

Lettuce is noisome vnto married men, it dulseth the syghte of the eyes, it abaseth the venereal ac, it harmeth the Rheumatike: the ouermuche eating of Lettuce is as perillous as Hemlocke. fol. 64

Lettuce helpeth the Tertian ague, it looseth the bellie, it represseth drunkenness. fol. 64

Lettuce procureth sleepe. fol. 65

Louage helpeth digestion, expelleth superfluous humors, it ceaseth inward grieues, it expelleth porson, causeth vyne. &c. fol. 170

Louage expelleth the stone of the kidneys and bladder. &c. fol. 171

M.

Marigold helpeth the after burden of a woman, stayeth the fluxe of pissing of blood, it killeth the wormes, it healeth pusshes, & stoppings, & grieues of the liver, comforteth the stomache, and procureth appetite to

meate, heateth a cold brest, assuageth the paine of the teeth, it recouereth the pallie, a fitte of the plague, is a preparatiue agaynst the plague, it helpeth the quartaine, it helpeth the milke of colde stomache. fol. 32. 33

Mintes vncurdeth milke. fol. 42

Mintes staierh the belching of the stomacke and vomiting, it profiteeth agaynst the long wormes in the body, it helpeth the swollen priuities, assuageth the fire of the bellie, and scouring with bloude, it stayeth the redde in women, it healeth bicers on the infants heads, quickeneth the spirits, bringeth appetite, amendeth the default of the noetheris, retayneth the fluxes of blood, lofineth the pappes, and defendeth them from mattering: it looseth the bellie, procureth a seemely colour, profiteeth the spitting out of bloude, assuageth the headeache, and the noyle in the eares, it remoueth the dunnesse of sight, it amendeth the strong sauour of the mouthe, it helpeth the teethe, and purgeth the gums, and healeth the blistering of the tongue, it comforteth in colde sicknesses, it stayeth the will to vomite, and helpeth the Chingles, it dissolueth and cureth impostumes, and helpeth the spots in the eyes. fol. 43

Malloes or Hothoke remoue a hotte cough, recouereth the lungs blissted, and is a singular remedy agaynst the consumption of the lungs, healeth the putrified sores of the throat and mouth, looseth the bellie, and helpeth the hoarsenesse of the voyce, it ripeneth any impostume and softeneth it. fol. 44

Mustarde seebe heateth and ripeneth, it breaketh impostumes without paine, it cureth the biting of a venemous beaste, it helpeth the pallie of the toung, and auaieth agaynst all paises, it helpeth the droppe, the blistering

Rering of the mouth, the swelling of the thioate, it procureth a good memory, it helpeth the colde goutic, sciaticke, and feeblenesse of sinewes, it remoueth the dimnesse of sighte, and putterly away the spots and web in the eyes, it causeth thirst, and prouoketh the veneralia aile. fo. 79

Mullard seele puenieth the falling sicknesse, it purgeth the blyarne, it cleneth the blyarne from humours, it ameth the falling of the duula, and vicers of the thioate, it draweth downe skume from the heade, it remoueth the swelling of the Jawes, it helpeth the suffocation of the matrice, it ceaseth the ache of the teeth, commyng of colde, it breaketh the stone in the bladder, and procureth the Cermes, it causeth a cleare voice. fo. 79. 80

**N**acwos nourishe much, profit the Stomache, encrease Sperme in man, puenieth against popson. fo. 113.

**O**mons marn'arne health, cure vicers, remoue spottes on the body, profite the eares running, heale swellings in the thioat, & the cough, remoue the griefe of the stomache, open piles, cleare the eyes, remoue the pin and web, amende the bloud-rotten eyes, recouer the heares shed away, the biring of a madde dogge &c. fo. 93. 94.

Onions eaten rawe harme the members. fo. 93

Onions harme the Cholericke, and profite the Rheumaticke person. fo. 110. 94

Onions stay the dropping of the eyes, heale vicers of the priuities, paine and noile of the eares, Disenteria, griefe of the Hornes, the water bea-

twene the flesh and the skinne, cure humering, and impostumes, paine of the breaſte, spitting of grosse humours, purgeth the stomake, cureth wartes. &c. fo. 94

Onions often vsed, engender euill humours, procure thyrſte, swellings, windynesse, headenche, cause to become loothſome, they nourish nothing. Follo. 94.

Onions twice sodden nourishe. fo. 110.

Onions eaten rawe cutte grosse humours asunder, open the vaines, prouoketh Cermes and vyne, increaseth appetite, purge the head, remoue the whyte spots on the face, heale kibes, remoue the redde and wanne spottes of the face, healeth scabbies, assuageth fluxes and gripings in the bowels, heale impostumes speedily. fo. 95

P.

**P**impernell is especially applied for porsion, it draweth venemous bloude from the heart, it ceaseth the head-ache, it healeth a greene wounde, vicers and other woundes, by an experiment tried vppon a Cocke: It moueth lactate, expelleth popson, remoueth the discaile of the hippes, the cough, and purgeth the breaſt, the stone of the kidneys and bladder, and remoueth the strangury: the gripings of the bowels, the stopping of the liver and milke, it putteth away any feuer an experiment agaynst the phisicke of the lungs. fo. 126

Parsely doeth incarnate vicers and Carbuncles, it doth resolute the impostumes of the pappes, it amendeth the stoppyng of the liver, it prouoketh vyne, it stayeth looseness of the belly, strengthneth loose parts and helpeth the stone, it healeth the Mingles, the hardly making of wa-

ter.

of venemous things, the swellings

replety agaynst paynes of the hippes. coue-

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